

A N N U A L
N A R R A T I V E R E P O R T

for
P I N A L C O U N T Y

Virginia E. Twitty
County Home Demonstration Agent

December 1, 1955
to
August 21, 1956

Virginia E. Twitty
Pinal County
1956

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SITUATION - - Report from Dec. 1, 1955 to Aug. 21, 1956

There are ten Homemaker Clubs in Pinal County. These clubs are:

Club	President
Casa Grande Afternoon	Mrs. G. T. Akin
Casa Grande Evening	Mrs. William Cobb
Eloy	Mrs. L. E. Kinne
Kenilworth	Mrs. Weldon Jones
Mammoth	Mrs. Catherine Miller
Maricopa	Mrs. Hubert W. Hatch
Ray	Mrs. F. J. Alexander
San Manuel	Mrs. Rollie Olsen
Sun Valley	Mrs. Joe Short
Superior	Mrs. A. D. Lawson

Casa Grande Evening, Maricopa, and Eloy hold their meetings in the evening. Several have all day meetings if the lesson will be improved by a longer time. For the most part all of the clubs meet in homes except Eloy. Eloy members have been considering having their meetings in the homes and possibly in the afternoon.

County Homemaker Council officers for 1956, as elected last November are:

President - Mrs. Joe Short - Sun Valley
V. President - Mrs. Hugh Deifenbaugh - Casa Grande Afternoon
Sec. Treasurer - Mrs. Hans Christensen - Kenilworth

Officers and leaders training was held in Coolidge on January 11. On May 17, council members met again in Maricopa for pre-program planning for next year's program.

To date, lessons have been had in Homemaker clubs on "Easy Hostessing and Simple Desserts", "Kitchen Storage," "Color Selection," "Making the Best use of Your Sewing Machine and Attachments," and "Care of the Feet." Those scheduled for the Fall lessons are: "Selection and Arrangement of Small Accessories for the Living Room," "Oven Meals," and "Mental Health." There has been some discussion regarding omitting the the lesson in Home Furnishings scheduled for September as the Homemakers will need the time for discussion of the Fall program.

The program to date has been most gratifying to the Agent and well received by the Homemakers. Each lesson was given as Leader Training except the lesson on Sewing Machines which the Agent presented to each club. Except for very few instances the clubs have all been represented at the meetings and Leaders have, according to reports, done a good job of relaying the information.

Topics selected for the club discussions and from which to select the 1957 program are listed under Organization and Planning in this report.

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To date there has not been a single change in local club presidents or of council officers during the year.

It is the hope of this agent that there be no delay in having replacement here as the women have had so many changes in the past few years. A good program is under way and needs good direction and guidance.

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ORGANIZATION AND PLANNING

The county annual report for 1955 and the Plans of Work for 1956 were prepared in December. The Homemakers yearbook for 1956 was prepared, typed, mimeographed, and assembled for distribution to the club members. Three hundred copies were made to allow an adequate supply for new clubs to be organized. A copy of this program book for each member of the club sent to the presidents. A rather lengthy letter of instructions for the completion of the yearbooks and the duties of the secretary as well as secretary books and club report cards were sent to the presidents also. The need for proper reports within the club and to be sent to the county office was emphasized. In January, each club completed yearbooks, made plans for extra lessons and appointed standing committees for the year.

By having Annual Conference at the time it was held made it impossible for the agent to give assistance to some of the clubs that requested help with installation services.

This agent believes this year's Annual Conference program to the best in several years. The speakers all did an especially fine job of preparation and presentation of their topic. It was helpful to have lay people give their ideas of the extension service also. The presentation on visual aids and information was inspiring and educational.

The agent assisted representatives of the Casa Grande Afternoon and Evening Homemakers Clubs to prepare and present an exhibit at the Casa Grande Chamber of Commerce Banquet December 6. A large poster showed the various phases through which homemakers get their help from the United States Department of Agriculture to the local clubs. Different colored connecting ribbons indicated the 4 phases, foods, clothing, home management, and health lessons for 1955 and 1956. The exhibit was very effective and brought some nice comments at the meeting. Pictures of the exhibit were taken. With some alterations to bring this exhibit up to date it was displayed in the Casa Grande Valley National Bank during National Home Demonstration Week May 5-12. The President of the bank reported that the exhibit drew a lot of attention and comments and requested that they leave it up for an additional week. Pictures of the exhibit follow this section of this report.

Two meetings of the County Extension Committee have been attended by the agent. This committee is made up of representatives of the various economic and community improvement organizations in the county. Mrs. Rachelle Short of Sun Valley, and Council President, and Mrs. Charles S. Hobbs of Maricopa represent the Homemakers Council on this committee. The committee was formed last year for the purpose of having them assist the agents in planning a program for the county that would best fit the needs of the most people. To date neither Mrs. Hobbs nor Mrs. Short have been present at the meetings. They were represented by Mrs. Hugh Deifenbaugh and Mrs. William Cobb of Casa Grande.

The Pinal County Homemakers, officers, and leaders training meeting was held in Coolidge January 11, and was attended by 52 members from the 10 clubs in the county. The training given was limited, due to the time taken up by the long business session of the council.

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The agent was grateful for the assistance given by Miss Jean M. Stewart and Mrs. Madeline McConnico in the Training Presidents and Secretaries respectively. Reporters were trained by the agent. General suggestions were given to the Subject Matter Leaders in the general session of the meeting as many of the officers are also leaders.

The County Homemakers Council constitution was found to be out of date.

It had not been revised or changed in any way since 1950. In February the agent went through available minutes of meetings since that time. All recorded motions that pertained to constitution changes were sent to Homemaker presidents. Along with this went a copy of the constitution as it stands and the request to discuss and consider revisions in the constitution. At the May Council meeting a committee consisting of Mrs. William Cobb and Mrs. Hugh Deifenbaugh was appointed to search the minutes of past meetings and present, suggested revisions for the Fall Council meeting.

The Spring Homemakers Council Meetings was held in Maricopa, May 16, as the regular quarterly meeting to discuss pre-program planning for 1957. Seven clubs were represented with an attendance of 29. Miss Jean M. Stewart, State Home Demonstration Leader and Miss Helen Church, Clothing Specialist, and the agent were present.

The Council voted to donate \$75 to the 4-H Club Fair Committee for equipments.

Dates and places for Fall Council Meeting and Homemakers Achievement were set for October 3rd at Oracle Inn in Oracle. Achievement, November 1st. At county 4-H Fairgrounds at 11-Mile Corner.

After discussion in the 4 phases of the Homemakers program the chairman or recorder reported topics they selected. The following topics were selected. They are to be discussed at local meetings and delegates instructed on club preference for the Fall program planning meeting.

Health

1. Better Posture including Exercise, Rest, Relaxation
2. Cancer detection, Films, literature.
3. Child hygiene and sex.
4. Continuation of mental health.
5. First aid in the event of disaster; sanitation, Food supply, etc.

Home Management

1. Selection of woods that go together in the home.
2. Care of hard Surface floors.
3. Laundry and storage of house hold linens
4. Care of house plants.
5. Landscaping of yards.
6. Planning your outdoor living area.

Foods

1. Study as to whether every family is getting the required amounts of Vitamins A and C and Calcium.

2. Are we making the best of our freezer.
3. Yeast Breads, whole grain and potato.
4. Whole wheat pastries.
5. Cuts and grades of meat, buymanship.

Clothing

1. Basic sewing requires 3 meetings.
2. Selections and care of fabrics.
3. Alteration of ready made clothing.
4. Wardrobe planning.
5. Fitting Foundation Garments.

Letters of announcement of Country Life Conference went to Club Presidents, a special announcement went to each member and others who might be interested and as the Agent visited each club in May she talked to them about the program. All comments of past conferences was favorable and the women expressed the desire to attend, but the June date is not as convenient as is April.

The Country Life Conference program, though very full, seemed much less tiring for the women. This Agent felt there was more constant participation in the program than in the past.

The pageant, "Fifty Years of Family Living in Arizona", was enjoyed by all who participated and saw it. It was an excellent method of getting women in the counties to check up on some of the developments through the years. Pinal County presented the period 1930-39 in which the San Carlos Irrigation water came to the county. Electricity was brought to the rural areas which was probably one of the greatest assets to the home.

Twelve women from Pinal County attended Country Life Conference and all reported having enjoyed the entire program. Six of the twelve attending had not been to Country Life Conference before. Those attending from the county are: Allene Alexander, Ray; Alice Hill Bernard, Casa Grande; Ida Brnum, Casa Grande; Kitty forbach, Casa Grande; Florence Harding, Eloy; Ruth Keltz, Casa Grande; Catherine Miller, Mammoth; Martha Peters, Casa Grande; Lucie Stewart, Ray; Alice Vincent, Casa Grande; Miss Lilla D. Martin, Casa Grande; and Miss Virginia Twitty, Casa Grande.

This year, as last, the Agent was responsible for planning for and buying equipment and supplies for the Cafeteria for the 4-H Club Fair. This is such a time and energy consuming task that the regular 4-H club schedule of activities must be left to Leaders and parents. It seems unwise use of the Agents time. Without any urging from the Agents the Leaders have suggested that one of the Leaders be appointed to assume responsibility for the cafeteria next year, with the Agent giving guidance and assistance. To give an idea of the amount of food that was handled at the Cafeteria during this fair, most of which was donated, the total cash receipts for the two days of serving was \$1600.57. A net profit of \$1081.82 was realized from this part of the fair. The Homemaker club members manned the cafeteria for serving at all times during the Fair. They also donated the beans, potato salad and slaw necessary. A schedule of the work and amounts of food asked for follows this report. Mrs. Charles Sherril who is neither a Homemaker member, parent or leader of 4-H took much of the responsibility of supervising the food service and was of great assistance to the Agent in ordering food. Parents of 4-H members were asked to furnish pies. Some cakes were also furnished.

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This agent judged at the Maricopa and Cochise Counties 4-H Club Fairs in April.

In April, the agent arranged for and met with Home Economists in the county. All Home Economists were notified of the potluck meeting for the purpose of getting better acquainted, possibly forming an organization and to contribute funds for the state home economics association scholarship fund. Twelve Home Economists and those teaching Home Economics were organized with Mrs. Bob Buntz of Casa Grande as president. This group will endeavor to increase their number and meet for social meetings. They will expect to contribute to the scholarship fund annually. Twelve dollars were contributed this year.

As the agent decided to leave this position for one in another state, it was necessary to have reports on the work done to date. Since most clubs had already held their monthly meetings for June and would be discontinuing meetings for the summer months it was necessary to ask for special reports from each homemaker. Two hundred and one letters went out with report sheets on the lessons up to this time. These included "Easy Hostessing and Simple Desserts", "Color Selection", "Kitchen Storage," "Making the Most of your Sewing Machine and Attachments." The June lessons on "Care of the Feet" will have to have final reports in the Fall. Complete reports cannot be had on the lessons for this year, but reports will be according to those answered to date. Reports are being received along with very fine special comments about the various lessons. To date 84 women have reported. Several leaders have lamented the fact that they could not give an adequate or complete report on progress in their projects. A report at a later date will give a more complete picture of the success of these lessons.

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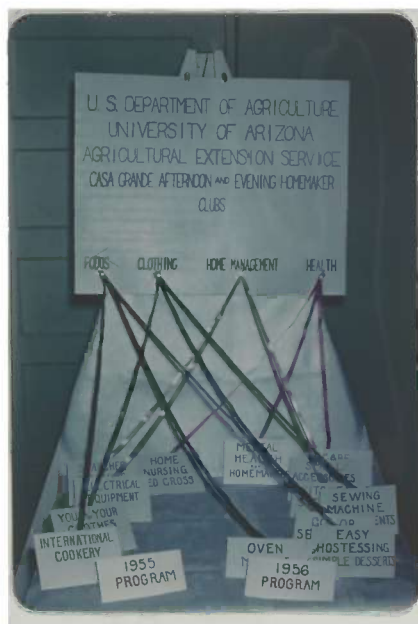


Exhibit for
Chamber of Commerce
and used in Bank
during
National Home Demonstration Week

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COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
CASA GRANDE

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

A YARDSTICK FOR A HOMEMAKERS' CLUB

To set up a yardstick for Homemakers' Club Work it is necessary to know what a Homemakers' Club is, how it differs from other organizations and what its purpose is.

A Homemakers' Club or Home Demonstration Club in Arizona is composed of rural homemakers who are interested in learning how to improve their homes, how to be better homemakers, how to be better informed citizens, and how to work with others for improvement of the community. It is organized and given guidance by a home demonstration agent or other Extension worker.

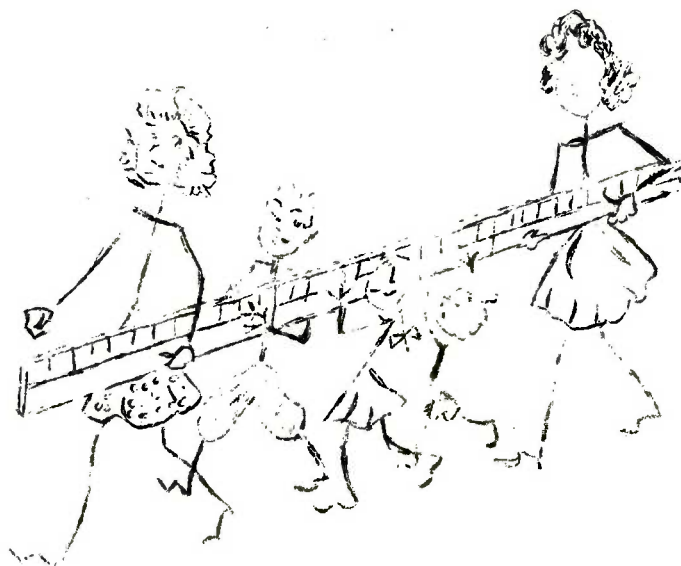
Extension workers are representatives of the Cooperative Extension Service in Agriculture and Home Economics of the United States Department of Agriculture. Since the passage of the Smith-Lever Act by Congress in 1914, funds have been appropriated each year for carrying on Extension work in the States. As Cooperative Extension employees they are charged with the responsibility of giving practical information in agriculture, home economics and related subjects to people who want this information.

Also, County and State Extension workers in Arizona are members of the staff of the University of Arizona. As employees of the Land-Grant College it is their responsibility to carry on an educational program in keeping with the intent and purpose of the Act of Congress in 1862 which created the Land-Grant Colleges. In other words, Extension workers make their services available to all the people who are eager to learn and to improve their way of living and of earning a living.

A Homemakers' Club, therefore, is an educational group whose members are in a sense enrolled as students of the University of Arizona. So long as members of the group are primarily interested in a program of education and information which they can and do apply in their homes and in their communities, they are entitled to help and guidance of Extension workers.

On the other hand if the members want to give major emphasis in their meetings to the "busy-work" type of crafts, to social and recreational activities, and "never have enough time" for study or project work, then the group ceases to be a real Homemakers' Club and should not expect the services of Extension workers. If the interests of the members are not in keeping with the purpose of Homemakers' Club Work, then it would be well for them to become members of another kind of organization which will meet their social and recreational needs.

As you think about it and try to analyze your club work, you may find that you need some kind of yardstick. You may find that you need different kinds of yardsticks to measure different phases of club work; one kind of yardstick to measure the year's program work; another to measure the use of the club meeting time; a third for follow-up of demonstrations and projects to achieve results in the homes and community; a fourth for leaders trained and the use made of their training; another for committee work and the results achieved; and one of the most important, what the public knows about club work through publicity given club meetings and other club activities. You may think of other phases of club work which need to be measured.



APPLY THIS YARDSTICK TO YOUR CLUB*

1. Is it educational?

Is it a program suited to the educational needs of the group?
Does it give practical and authentic information on the subjects
in which the members are interested?
Is it a program keyed to the educational experience of the individuals?

2. Does it meet Extension Objectives?

Does it help people to help themselves--not to depend on others for
what they can do for themselves?
Does it develop and use leaders?
Are leaders eager to be trained for leading lessons, conducting the
business meetings, serving as committee chairmen?

* Adapted from a yardstick presented by Miss Beatrice Frangquist, Field Agent of the Federal Extension Office, at State Farm Women's Program Planning Conference at Jackson's Mill, West Virginia.

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Is the club membership open to all who are interested?
Are visitor invited and made welcome?

3. Will it help the young homemaker as well as the experienced?

Is it suited to the special needs and interests of the young families?
Is it suited to the newly married?
Is it suited to families with small children?

4. Is the program timely?

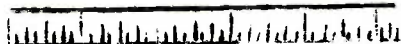
Is it a program that applies to the present needs and interests
of the people in the community?
Is it up to date?
Is it too late to be helpful, or so far in advance of the actual
need for the information that it fails to "register?"

5. Is the program worth while?

Is it based on the fundamental needs of the members of the group,
or is it largely on frills--on the unimportant?
Will it challenge the members to think? To seek further infor-
mation? To apply the information in the home or community?

6. Was the program decided upon by the people themselves?

Did the program grow out of a discussion and careful consideration
of facts, problems, and situations that affect members of
the club and community?
Did a large number of persons, representing the various interests
and needs in the community, have a part in planning the
program?
Or was the program decided upon hastily by one or two persons?
Or was it "copied" from some other club?



As you look at your club work from all angles, you may find that parts
of it are hindering progress of other parts, or of the program as a whole.
Perhaps the following questions on a few phases of club work will help you
to arrive at a plan for measuring the parts of your own club on which satis-
factory progress is not being made.

A Yardstick for Club Meeting-time

Is the entire meeting period well planned to give each part of the program
its due share of time?
Or is too much time given to the business meeting and not enough to the
demonstration?
Is the demonstration presented in an interesting way to give facts and
information, also to give members a chance to ask questions and take
part in the discussion?
Is the business meeting handled efficiently by the officers?
Do the members know and observe good parliamentary procedure?
Are they courteous throughout the meeting?
Are devotions, music, and other inspirational parts of the meeting carefully
selected and presented briefly but effectively?

Measuring Results of Demonstrations and Projects

What devices have you used to measure the use of information, as for example, "Easier Housework"?

Have members gone to see results of better methods?

Have records been kept of families accepting up to date laundry methods?

Have records been kept on the progress in weight control?

Other follow-up of demonstrations or projects?

How many young homemakers have improved their sewing skills?

How many families have ~~more~~ attractive, better balanced meals?

How many more families now have a family physician?

From which demonstrations of the year were the most ideas used by the members?

The Importance of Well-Trained Leaders

What has the club done to encourage leaders to attend training meetings, and to use the training received?

How many of your club members have attended county or state training meetings during the past year?

In what parts of club work were they given training?

In what ways has club work improved as a result of the training received by the leaders?

What other kinds of training are most needed to strengthen club work?

In what ways do the club members show appreciation to the leaders for the help they give?

How Effective Are Your Committees?

Do committees meet early in the year to make a definite plan for what is to be done, when, and by whom?

Is the entire club informed about these plans and given an opportunity to help carry them out?

Do committees report to the club from time to time on the progress being made?

Are all the results of the committee's work carefully recorded from month to month and reported annual to county and state committees?

Or are they estimated hastily at the end of the year?

The Public's Opinion of Club Work -- What is it?

Look at some newspaper reports of your club meeting. Are important parts of your club work reported?

Or would readers get the impression that the club is a social group, with meeting time spent on crafts, serving refreshments, and visiting?

Has the club trained some of the members to report club meeting and other work of the club?

What contacts have been made with local newspapers to give the reporters and editors a better understanding of club work, its purpose, and its important accomplishments?

How do you decide what is important to be reported each month?

What community work promoted by club committees has been reported?

Are important points of the demonstrations reported?

*

CLOTHING

The Agent was glad to have the opportunity to judge at the "Make it yourself with Wool Contest" in January. Techniques of construction of the contestants varied widely, probably depending upon the teacher or Home Demonstration Agent under whom they worked. It was another proof of good grooming, poise and modeling being of utmost importance. Some of the garments though poorly constructed were nicely presented on the girls.

It was also an opportunity to see that the girls and their costumes were presented before the membership of the Sponsors, the Wool Growers Association. This has not been done in the past. Faculty and girls of Phoenix Indian School were hostess to the girls during the contest and at a tea afterwards. The group was then guests of the Wool Growers Association at a dinner meeting at Bud Browns Barn. The Girls were presented in a style show to this group.

In February the lesson on "Color Selection" was given to 17 clothing leaders from 10 Homemaker Clubs.

Since the selection of color for individuals has always been a difficult lesson to present through leader training the Agent and Miss Church, Clothing Specialist, spent considerable time in deciding how best to present the material.

Miss Church began the lesson by showing how all colors in their various hues and values are made from the 3 basic colors. Show card paints and water were mixed in small glasses. The women were able to see the changes in the various stages of the mixtures. It was apparent they were getting an understanding of color and color mixtures.

Color terms were explained and demonstrated.

The choice of colors in the right amounts was demonstrated by asking leaders to color in sections of rectangular drawings. Proportions in correct amounts were vividly brought out here also.

Analyzing personal coloring and selections of becoming colors was well received and the women were pleased to have the swatches of colored fabrics to help their members with color selection. Very fine plans for presenting this lesson were taken home from the meeting.

From reports of Clothing Leaders and Homemaker members comes most enthusiastic reception of the study of "Color Selection". Leaders were pleased with their task of presenting the lesson as the women received it and seemed to understand it so well. In most clubs, after having given the basic study of color and showing how the colors were all derived from the 3 basic ones, each member, or groups according to personal coloring was given the opportunity to try the swatches of various colors of fabrics on themselves. Most of the women discovered that they could wear colors that they had previously avoided or that colors that they were wearing were not best for them.

Two days following the lesson Betty Cobb of the Casa Grande Evening Club came into this office in a gayly printed dress with many rose shades and tints. When I complimented her on her pretty dress she said "Oh that is a result of

lesson on Color Selection. I needed something new for my spirits and after I found that the women thought this was one of my best colors, I could select something like this rather than the more conservative colors and styles that I usually wear. "My family likes it to."

Casa Grande Evening Club had a second special meeting for color analysis of those that were unable to get this help at the regular meeting.

The Superior Homemakers had the lesson during the day and enjoyed it so much that they quickly got their teenage daughters together for a lesson in the evening as they had to send the kit back the following day.

The Ray Leaders, Mrs. C. V. Smith and Mrs. Carey Brace report that they gave the lesson to a group of their neighbors who were not homemaker members, as well as to a church group. Mammoth women report that their information on colors came in for good use, following their meeting, when they helped the PTA group in selecting stage curtains for their new school auditorium.

One hundred and eighty two women and girls had the lesson on "Color Selection." Mrs. Wayne Wuertz, Clothing Leader of the Sun Valley Club says, "Careful make-up selections to match the color being worn, I think, was the main information." Molly Zepeda, a homemaker member and 4-H Club leader of Superior said, "I enjoyed this lesson especially, because I feel that I can help the girls select the colors that are best suited to them."

From those reports received on questionnaires sent out to homemakers the following is shown:

SELECTION OF COLOR FOR YOU

- | | |
|--|---------------|
| 1. Did you have your coloring analyzed at the meeting? | Yes <u>51</u> |
| 2. Have you used a color that you hadn't used before? | Yes <u>37</u> |
| 3. Have you selected make-up more carefully for colors? | Yes <u>45</u> |
| 4. Have you had comments from others concerning any change you have made? | Yes <u>37</u> |
| 5. Have you given help to someone else outside your club on color selection? | Yes <u>47</u> |

As a beginning on strengthening program planning in the county the Clothing Specialist and agent met with clothing leaders and homemaker club presidents from the ten clubs in different groups for discussion of the past program and to make plans for the program of the future. The groups were kept small to provide the opportunity for and to encourage discussion. The women entered into the discussion and told of their situation and desires better than they have ever done in a training meeting. The presentation of the lessons that had been had over the past several years provided a basis for planning for the future.

The 1955 program included clothing styles in the lesson "You and Your Clothes." The 1956 lessons on "Color Selection" and "Making the best Use of Your Sewing Machine and Attachments" add to the above lesson to make a good basis for other clothing construction or selection lessons.

Leaders were given a number of questions that they were to ask in interviewing their club members before the May Council Meeting to determine their individual background, needs and wishes. These leaders did this and came to the pre-program planning meeting May 17, with some good ideas as to what the county program might be for the next two years. It was decided that they could do a more efficient job of planning if they considered at least two years ahead.

A copy of the two report sheets furnished to leaders is following this report. The first is a means of the specialist getting the opinion of the leaders concerning types of leader training to present and the general make-up of the club membership.

It is felt that the above project was very worthwhile and that a better planned program and better participation and use of the information will result. It is the hope that other phases of the Homemaker program can follow this or a similar procedure for program planning next year. Miss Church attended the pre-program planning meeting May 17, and was chairman of the clothing group. At this time leaders reported good results of their surveys and showed earnest efforts toward planning a good program for 1957 and 1958 when they meet in the Fall. The folder containing surveys and answers to questions is filed in the office.

According to the program plan the agent presented the May lesson to each Homemaker club except Kenilworth. The lesson scheduled as "Sewing Machine Attachments" was made to include a better understanding of the sewing machine and how it could be put to good use without attachments. Proper adjustment was stressed.

The agent presented the lesson to nine clubs with a total attendance of 125. Five clubs held all day meetings. Three were in the evening and one in the afternoon.

At each meeting general adjustment of the machine was explained and demonstrated. Various techniques that can be accomplished without the use of attachments were then explained and demonstrated. These include; Machine darning, basting, tying threads, invisible hemming, hemstitching, invisible dart finish, sewing on buttons, shirring and decorative outline stitch. In several cases the agent was asked to demonstrate the jiffy overall patch. This was done even though it was not a part of the lesson.

Homemakers were asked to bring their attachments. As members viewed their attachments each was discussed and explained. Hemmers, the binder, gatherer, edge stitcher and zigzag attachment were demonstrated.

In meetings, as time permitted, the members practiced these various techniques and use of attachments. These lessons were very well received.

Mrs. Lee P. Allen wrote in her report, "I've been sewing for 59 years, but did learn a few new tricks and have used them." Other members wrote, "I enjoyed just learning to use my machine first without attachments. If I never learn anything more than tying threads by machine, I'll always be grateful",

and "I am going to make several of the samples, including 'patches' to send to my daughter in-law. They have five children."

Reports from 56 Homemakers have been received to date with the following answers to questions.

- | | |
|--|---------------|
| 1. Did you learn something new at this lesson? | Yes <u>51</u> |
| 2. Did you learn these things that you did not know: | Yes _____ |
| a. Machine basting | <u>17</u> |
| b. Tying threads by machine | <u>24</u> |
| c. Invisible hemming by machine | <u>37</u> |
| d. Hemstitching by machine | <u>48</u> |
| e. Making invisible finish for a dart. | <u>41</u> |
| f. Sewing on buttons by machine | <u>36</u> |
| g. Machine shirring without an attachment | <u>31</u> |
| h. Making decorative outline stitch | <u>31</u> |
| i. Machine darning | <u>32</u> |
| 3. What sewing machine attachments did you learn to use: Binder 6, Hemmer 6, Tucker 5, Shirrer 4, Ruffler 8, Zigzag 4. | _____ |
| 4. Have you taught someone outside your club some of the above? | <u>31</u> |

The agent assisted Sun Valley homemakers with making four dress forms. These women in turn helped others make forms. A later meeting was held to complete the markings and instruct the women as to how they could make the best use of their dress forms. As a result of this help one young homemaker has purchased a sewing machine and made a dress form in anticipation of learning to sew. This project is not completed, but the women know how to make the forms now and will help others. Casa Grande Afternoon and Maricopa homemakers have expressed a desire to have some help on this project. It is quite possible that the Sun Valley women will be interested in giving them some help if no agent help is available.

With the fine participation of homemakers in the lessons this year and good planning to fit next years program into these lessons it should be possible to have a gratifying program another year.

CHECK SHEET
on
BETTER LEADER TRAINING

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Virginia E. Twitty
Pinal County
1956

As clothing leader in your club, we know you are doing a good job--you are spending time and giving thought to your job. Consequently you, as leaders, probably gain much from your leadership. It is the desire of the Clothing Specialist and Home Demonstration Agent to give you the kind of help that you need.

Would you please check this and give us an idea of how we can better our methods.

1. How many members are in your club? _____
What is the average attendance? _____
Where do you meet: Homes? _____ Public Building? _____
2. How many of your members are:
Young women with family? _____
Older women with high school age family? _____
Older women with family away from home? _____
3. How much time do you have to give your demonstration in your club? _____
4. Do the women participate when you ask for work type of meetings? Yes _____ No _____
5. Should Specialist's demonstrations be limited to time?
One Hour _____ Two Hours _____
6. Would you like to be given more material than needed for demonstration and then choose the material that you think your group will use? _____ Or would you like to repeat the Specialist's demonstration without change? _____
7. For certain projects would it be easier for you to give special work meetings to those interested, rather than the whole club? Yes _____ No _____
8. How many of your club members actually make use of information given them? _____
How can we learn about this? _____

- 1- Do you sew for: Pre-school children _____
 School Age _____
 Teen-agers _____
- 2- Are your children grown _____ Away from Home _____
- 3- What clothing problems do you have -- Clothing Construction _____
 In buying clothing _____
 Is it fit _____ Material _____ Quality _____ (problem?) _____
- 4- Do you buy all _____ or only part _____ of your clothing?
- 5- Do you make only everyday clothing _____?
 Sports wear _____
 Formal wear _____
 Street or Sunday best _____
- 6- Do you make any of your husband's clothing? _____
- 7- Would you like to learn how _____?
- 8- Have you had any training in sewing & _____ If so what _____
- 9- Would you like beginners lessons? _____ Advanced _____ Tailoring _____
- 10- What are your specific problems in sewing _____
- 11- What garments do you buy ready made? _____
- 12- What do you dislike to buy _____
- 13- Do you have sewing center _____ Where is it located _____
- _____?
- 14- Would you like for the program to cover two years _____ or one _____
- 15- Is there a problem with you machine _____
- 16- Is your problem getting the best use of your machine _____ or is
 it fitting _____ or construction _____?
- 17- Do you look for labels _____?

COOPERATIVE EXTENSION WORK
IN

AGRICULTURE AND HOME ECONOMICS

University of Arizona
College of Agriculture and
U.S. Department of Agriculture
Cooperating

STATE OF ARIZONA
TUCSON

Agricultural Extension Service
Clothing

CHOOSING YOUR COLORS

By

Helen L. Church, Extension Clothing Specialist

Do you appreciate the surroundings around you? As you drive through the country, do you note the beauty of the countryside which is expressed in Nature's coloring? Have you counted the colors in an Arizona sunset? Have you watched the effect of the sun's rays upon the mountains? Have you looked at birds and their beautiful coloring? The beautiful colors found among insects, fish, and other animals?

If you note this coloring and study it, you will find that Nature's colors are in harmony. On your drive, approach a city where man makes and combines colors. Note the colors in houses, store buildings, signs, and the colors in the dress of people. Often you will find that they haven't done such a good job. Many times a state of confusion exists due to poor color selection. With constant study and practice, we may develop a better appreciation of color and better knowledge of how to use it.

You can never be a musician if you do not practice; so it is true with color. We become more expert in its use if we give it much attention and spend time and thought in combining and using color.

DO YOU KNOW COLOR TERMS?

There are certain basic terms we must know before we can intelligently talk about color. When we speak of color, we name them by hue, such as red, blue, or green.

Value is another term applied to color meaning the amount of lightness or darkness in a color. In any color, there may be a range of dark tones to light tones. The light values are tints, and the dark values, shades. The use of different values is one way of bringing contrast to a color.

Intensity refers to the brightness or dullness of a color and is dependent upon the amount of pure color in a hue. Intensity has much to do with the becomingness of colors. The most vivid colors are difficult to wear and are most interestingly used when used in small amounts. They can be used in small amounts or used to give accent or contrast to a costume.

The Primary Colors are: 1. red, 2. yellow, 3. blue. From these colors all other colors are made.

The Secondary Colors are: 1. orange, 2. green, 3. violet, and are made by mixing two primary colors in equal amounts.

The Intermediate Colors are obtained by mixing primary and secondary color in equal amounts. If you divide the color wheel into two parts perpendicularly,

you will find that on the right there are the cool colors; and on the left the warm colors. There is harmony among the cool colors when used together because they are related to each other. The same harmony exists among the warm colors.

DO YOU KNOW HOW TO CHOOSE COLOR HARMONIES IN CLOTHING?

Birds, flowers, and trees have lovely harmonies in their dress. Have you ever looked at the lovely trees, noted the trees' green bark, its leaves, and its flowers? Can you decide what one color is found in the color scheme? I believe it is yellow, and the scheme is analogous. If we are to be in harmony with the things about us, we will need to use all the skill and knowledge possible to do as well as Nature does. There are several different harmonies that we may work out and find interesting in selecting our clothing color combinations.

1. One Hue Harmony - is taking one hue and adding white to make it lighter, or adding black to make it darker. Dress color harmony with one hue might be a beige dress, brown shoes, brown bag, and still a different brown in hat. This type of color harmony is most interesting when it has enough difference in value and intensity.

2. Analogous Harmony - can be a pleasing combination using colors that lie next to each other on the color wheel. Blue and blue-green, for instance, blend well because they have the common hue, blue. Usually a great difference in value and intensity is important. Many times when very little difference occurs in intensity, the combination may look as if it were a poor match.

3. Complementary Harmony - this harmony is different from the other two in that it is a combination of contrasting rather than like colors. These colors on the color wheel appear directly across the wheel from one another. In using contrasting colors, great care must be taken in selecting colors that are grayed rather than intense colors. They are difficult to wear unless one or the mass of color is grayed and the complement used in small amount to accent it, such as a grayed blue-green and a small amount of red. In each case, the complement red or purple make the other grayed color more brilliant.

4. Accented Neutral Harmony - in this type of harmony, the main part of the dress is black, gray, or white, with a color used in trimming or in accessory. The brightness of the color is dependent upon the individual coloring. An example of this might be a white dress with a green belt, or a grey suit with a blue blouse.

There are other things to be considered besides personal coloring of the individual in making color selections. In previous discussions, we have talked of warm and cool colors and of advancing and quiet colors. We might describe persons as quiet and receding or advancing and vivacious. The personality of the individual is important in making the correct selection. A color is never in good taste, if, when we see the individual, we see only color and not the personality.

Then the size of the individual is also important. The bright colors have a tendency to increase the size of the individual. Note how black decreases size and white increases. Have you ever noticed how much larger your feet appear in white shoes than in black?

Then another important item to consider in making color selection of a new dress is your basic color in your present wardrobe. If you desire to change that basic color, again consideration must be given as to whether or not it can be worn with present and future basic color schemes.

The effect of light on color tones is also important. Night electric lights change color. You may find that the light with yellow predominating may change blue to green, dark blue becomes black, purples and violets a muddy brown. Even more startling is the effect of blue in lights. Select colors to be worn at night under artificial light, also clothes to be worn in daylight under daylight.

SOME DO'S AND DON'T'S IN COLOR SELECTION

Navy Blue and purple bring out yellow in the skin.

Avoid very bright intense colors if you are a person without strong personal coloring.

Repetition of personal coloring in a costume may intensify your personal coloring and may be a wise choice to make.

If your choice of color has not been too wise, you may make it more becoming by placing a collar on the garment of a color that is becoming to you and in harmony with the dress.

Pure bright colors emphasize every imperfection of complexion. They should be avoided by the person with skin disturbances.

Light values add color and make hair look darker and skin tones brighter.

Dark values take away color. Black is poor choice for you if you are pale or sallow. They make you appear tired and pale.

Smooth shiny surfaces are less becoming to most people than soft dull textures.

Red, orange, and yellow, the warm colors, are aggressive or advancing colors. They force attention.

Blues and greens are quiet colors. They are more restful and are considered cool colors.

DO YOU KNOW HOW TO CHOOSE AND COMBINE AMOUNTS OF COLOR?

Have you ever noticed the effect amounts of colors used together may have on the size of the individual? Note the panels below.

No. 1 - A panel of another color may suggest height because the contrast keeps the eye in the center of the figure, and the eye is led up and down. The width of this panel has to be kept rather narrow.

No. 2 - Adding a panel may give to the figure width as well as height if the panels are far apart.

No. 3 - A wide contrasting belt shortens the figure and gives emphasis to the waist line. Wide belts are best on tall persons with small waist lines.

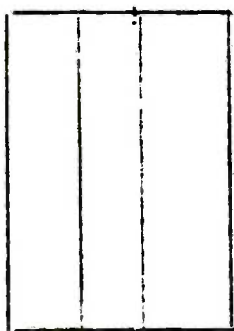
No. 4 - Narrow belts of another color do not shorten the figure greatly and are worn more successfully by short persons.

No. 5 - Skirt and waist of contrasting color make the figure appear shorter by dividing it into two distinct parts. Avoid this if you are short and stout or are a short waisted person.

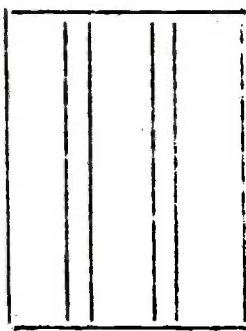
No. 6 - Shows what happens when a contrasting color is used in a dress collar. A wide white or contrasting collar makes the shoulders appear broader and shortens the individual height. This should be avoided by short people or persons with broad shoulders.

No. 7 - A colored band at the bottom of the skirt tends to decrease height. This is worn most successfully by the tall, slender person.

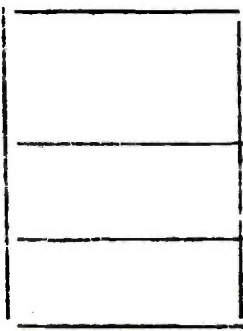
No. 8 - Bands of trimming of contrasting color across the hips calls attention to hip width and shortens the figure. Best for the small figure.



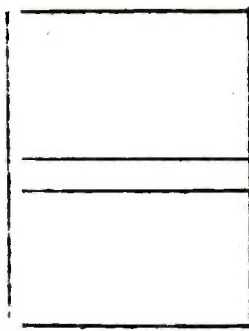
1



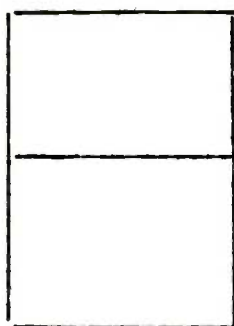
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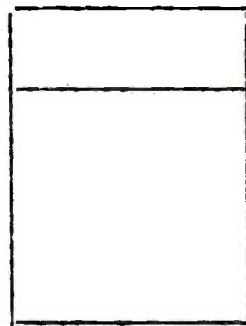
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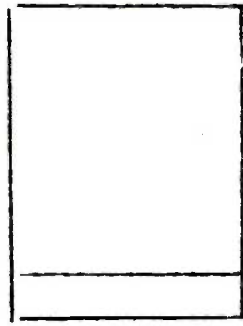
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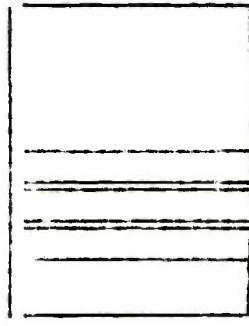
5



6



7



8

MY PERSONAL COLOR CHART

(Check Your Coloring)

Skin:

Pale - pink & white _____
 Florid (red) _____
 Olive 'Yellowish green) _____
 Sallow (Yellowish) _____

Hair:

Blonde _____
 Light Brown _____
 Medium Brown _____
 Light Reddish Brown _____
 Dark Reddish Brown _____
 Black _____
 Grey _____

Eyes:

Blue _____
 Green _____
 Grey _____
 Light Brown _____
 Dark Brown _____

Skin Texture:

Clear _____
 Smooth _____
 Rough _____
 Tanned _____
 Freckled _____

My best points: _____

Points to give less emphasis: _____

List of best colors to use for basic garments:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

List of becoming colors for accent or accessories:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
CASA GRANDE

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
U. S. DEPARTMENT OF AGRICULTURE
AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

GET THE MOST OUT OF YOUR SEWING MACHINE

Prepared by Helen L. Church
Clothing Specialist, University of Arizona

Do you get your money's worth from your sewing machine? There are many things that you can do with your machine without special attachments.

Machine Basting

Do you baste with the machine: It is so simple to do basting by machine. Often you are more accurate as every stitch is the same size. If you use contrasting thread on the bobbin it's always easy to find the correct thread to pull out. If you pull the bobbin thread you can easily remove the basting.

Tying Threads

Have you learned to tie the threads at the finish of stitching. This is done by holding the material in place and lifting the presser foot slightly. Allow the needle to go up and down in the same place three or four times. On inside seams it is a real time saver.

Invisible hemming by machine (Without an attachment)

This hem is made by machine using the regular presserfoot. It is necessary for you to adjust the pressure on the presserfoot. If it holds the fabric too tightly, it will be difficult to do.

Turn the raw edge down $\frac{1}{4}$ inch. Press, ease out fullness and if you wish baste $\frac{1}{2}$ inch from edge. Fold the hem back against the right side of the garment. Allow hem to extend $\frac{1}{16}$ inch beyond the fold.

Set machine at 10 to 12 stitches per inch.

2

Stitch on extended edge of hem for about 5 stitches. Then pull the garment side into line of needle catching one stitch in fold. Continue, then press. With practice you can make a most inconspicuous and very durable hem.

Hemstitching a straight edge.

You can make an imitation hemstitch by setting your stitch length to a long stitch then place an ink blotter between the two thicknesses of material.

Take 5/8 seam through fabric and blotter. Pull away blotter. Turn to right side - Press back seam edges and either stitch down by hand or by machine the edges close to long stitch.

Invisible finish for a dart.

This dart is especially nice for sheer organdy and nylons.

1. Take off the top thread.
2. Pull up the bobbin thread and tie to the end of top thread.
3. Rewind top thread on spool up to knot or enough for one dart.
4. Begin stitching at the narrow end of dart.
5. Be careful to have first few stitches on edge of fold.

Repeat process for each dart.

Sewing on a Button.

Release the pressure on the presser bar until it holds the button lightly. Pushing the button back and forth you can sew on a button very quickly.

Machine Shirring without an attachment.

Often we desire rows of shirring in soft fabrics. This can be done by making several evenly spaced rows of stitching. Loosen the top tension slightly and adjust the stitch length desired. Place first row of shirring always on the seam line.

Wrong side of
garment

1/16"

Pull up the bobbin thread and adjust to desired fullness. To fasten rows at end take a tiny tuck on the back side about $\frac{1}{2}$ inch from end of stitching. This tuck will hide the ends and keep them from pulling out. The tuck becomes just another fold of fullness and is invisible.

Decorative Outline stitch. (Without an Attachment)

1. Thread the bobbin with yarn or single strand embroidery thread, such as perle cotton. Wind bobbin by hand.
2. Thread machine with ordinary cotton thread that matches fabric that you are using.
3. Use long stitch (6 - 8 per inch) and stitch on the lines of the design on the wrong side of the garment.

Use seam gauge or quilter to keep straight lines straight.

Attachments.

For use of attachments use your sewing machine manual for complete instructions.

The book will tell you.

How to attach to the machine

Adjustments to be made

How to put fabric in attachment

It takes skill to use any attachment. If you understand the general adjustments of a machine and how to adjust tensions etc., you can master most attachments.

Your machine may make that weekly darning a simple task. You may purchase simple darning attachments, but they are not always necessary to do the job if you can regulate your machine correctly. Secure an embroidery hoop to hold the cloth taut. Then release the screw at the top of the left side of your machine. It is the screw directly above the presser foot, and it regulates the pressure applied to the foot. Turn this screw until you can work the presser foot up and down easily with your finger.

4

Place the hoop under the foot with the right side of the fabric up. Then guide the material as the needle goes up and down. Your push and pull on the material determines the length of the stitch. You can push it backward, forward, and to either side. Your darn will look best if you use mercerized thread and a very small needle.

VET:bc 359 c.

HOME FURNISHINGS AND HOME MANAGEMENT:

Only one lesson in the Home Furnishing and Home Management field has been presented to date. The lesson "Kitchen Storage" was a most worthwhile lesson and reports indicate good reception in the clubs.

Very fine training on kitchen storage was given to eighteen Home Management Leaders from 10 Homemaker Clubs. Miss Grace Ryan, Home Management Specialist, gave this training.

Leaders were given background information on comparative use of different pieces of equipment and principles of good storage.

The storage of pieces of equipment and supplies at point of first use was demonstrated with the double boiler. The women were fascinated and surprised, but glad for the suggestion of storing each of the three parts at a different place.

Leaders were supplied with:

The step saving U kitchen for use with members.

Score card for better kitchens

Fatigue score for Homemakers

They were told that blueprints are available on loan for the step saving kitchen.

An old and a modern kitchen were used to allow the women for planning and arrangement for step saving. String was used to follow the homemaker, then later measured to show the amount of travel that could be saved by good arrangement.

The women seemed very pleased and anxious to give this lesson back to their clubs. Kits of equipment were furnished to assist the leaders in giving this lesson

Bulletins and mimeo supplies given to leaders were: Planning the Kitchen and Workroom, and Storage for your Home.

The set of slides on "The Step Saving U Kitchen" was shown to those attending Homemakers Council Meeting in May, and was well received. This was used as a means of presenting a phase of Home Management at Council meeting as well as to strengthen the precious lesson on Kitchen Storage.

Several questions on this topic were privately discussed after the meeting.

In addition to the Homemaker lessons presented, one of the Leaders gave help to a group of women at a church auxiliary meeting. Five reports indicate that the families live in house trailers and have rather efficient storage. One of these women did report having made some improvements, however. One hundred and thirty six homemakers and the unreported number at the church meeting received this lesson.

Those reporting indicate the following helps received and what they have done to date:

KITCHEN STORAGE

1. Did you:

- | | |
|---|---------------|
| 1. Score your kitchen | Yes <u>36</u> |
| 2. Make at least one labor or time saving improvement | Yes <u>36</u> |
| 3. Fix a better work area | Yes <u>22</u> |
| 4. Store items near job | Yes <u>34</u> |
| 5. Plan storage to vit articles | Yes <u>32</u> |
| 6. Protect articles | Yes <u>24</u> |
| 7. Study storage for articles seldom used | Yes <u>32</u> |
| 8. Have "rest periods" during day | Yes <u>33</u> |

9. What storage items did you make?

Plastic bags 3, Spice rack 7, Step shelf 9,
Shelves 7, Mixer shelf 1, Pull out shelf 1.

10. What storage items did you buy?

Metal Step shelf 2, Cup hangers 3, Spice Rack 2, Plate Rack 3,
Peg Board 1, Desk 1, 3 way paper dispenser 1, Breadbox 1.

2. Have you passed this information on to someone else. Yes 36

Virginia E. Twitty
Pinal County
1956

FOOD SELECTION AND PREPARATION

In December the Casa Grande Afternoon Club did a fine job of follow up on the lesson, "International Cookery" given in January of 1955. At a special meeting they held for learning more about candy making, dishes for the potluck luncheon were from International Cookery recipes. This received interest and discussion of the use being made of this lesson. The candy making was a repeat lesson some members had in 1954. Mrs. Leo Harding, a member, does a very fine job of candy making as well as directing the group in a workshop.

The first lesson of the 1956 program was "Easy Hostessing and Simple Desserts." This lesson was planned for the 1955 program but postponed due to the change in Agents.

The agent spent considerable time in preparing material, buying, selecting, and collecting supplies and equipment and training leaders for the lesson. This topic could include a wealth of fine material so it was a problem to decide just what to include to make the project most worthwhile.

With having collected materials over the past few months, the agent decided to prepare well selected but a goodly number of suggestions for serving various types of meals or refreshments. Main dish meals, dessert, and beverage recipes were included in the 12 page mimeo leaflet, leaving salads and vegetables to the discretion and imagination of the hostess. Some entire menu and table setting suggestions were included, but it was felt that the main dishes and desserts were the things most desired and needed for this lesson.

Mimeo copies of this material was furnished for each club member. A copy will follow this section of the report.

Meeting places for foods leaders training lessons not adequate in the Casa Grande area.

The Presbyterian Church kitchen was secured for the L. T. M. for this area. It was necessary to ask the various clubs to contribute toward the expense of use of these facilities. The L. T. M. for the other area of the county was held in a home, but crowded conditions limited the subject matter that could be included in the lesson.

The lesson was one requiring a wide variety of foods and table service as well as one requiring collecting and transporting more equipment than is usually necessary. To help defray expense the leaders were asked to contribute to the purchase of food. Table service, table linens, dish towels, food preparation equipment, were furnished by the agent.

In spite of the above mentioned difficulties, preparing for and presenting this lesson was a gratifying task.

Leaders were most enthusiastic and cooperative in the training meetings. They were each given ample opportunity to use some of their own ideas and ingenuity in working out table settings and in the serving.

Since the topic was "Easy Hostessing" the lesson included many suggestions on freezing foods in advance of the meal, with no freezing facilities the agent could not present any frozen foods, however. Preparation of foods for the refrigerator for last minute cooking or serving and oven meals were suggested.

Leaders assisted with food preparation service and clean up.

Plans for relay meetings to local clubs were discussed.

The following bulletins were given the leaders for their file of information and upon request from members.

1. Food Values in common portions.
2. Family Fair
3. Nutrition Up to Date, Up to You.
4. Frozen Desserts.
5. Grapefruit Desserts.
6. Eating in the Open.

As a result there have been requests for 228 foods bulletins from eight clubs. Most of these requests came through the secretary of the clubs as a result of the leaders lesson. The USDA bulletin "Family Fare", has had revived popularity.

The agent attended 3 of the meetings on Easy Hostessing and Simple Desserts. It was gratifying to see the interest and participation shown by all members since the agent prepared the material and gave the leader training lessons.

Very nearly all of the recipes were prepared and served at these meetings. Other clubs report having had similar lessons with each member contributing to the meal. Kenilworth club leaders purchased the foods and members met to prepare and serve it all members.

Good follow up was found on table decoration, but the agent was disappointed in the lack of good planning and graciousness in serving, which was one of the points of emphasis in the training meetings.

The women report that food lessons always prove to be their most popular ones. One Hundred and sixty eight members and guests attended the 10 meetings on "Easy Hostessing and Simple Desserts"

Reports received to date indicate the following use of this lesson:

1. Have you entertained guests since the lesson? Yes 51
2. Did you use any of the ideas from the lesson? Yes 44
3. What part of the lesson was most valuable to you?
Quantity recipes 2, Table setting 8, Salads 3, Table Decorations 7,
Relax at entertaining 7, Prepare in advance 5, Sandwiches 5, Deserts
2, Clean house after company; not before 3.
4. How many times have you prepared and served the recipes:

a. Western Baked Beans	95
b. Ham Loaf	43
c. Ham Noodle Casserole	56
d. Mock Enchiladas	60
e. Orange Cabbage Slaw	73
f. Party Sandwich loaf	56
g. Tea Sandwiches	41
h. Cranberry Tartlets with orange pastry	45
i. Baked Grapefruit Alaska	6
j. Orange Fluff	5
k. Ice Box Cake	48
l. Chocolate Ice-Box Dessert	33
m. Angel Pie	19
n. Grape Marlow	10
o. Orange Pudding	5
p. Lemon Bisque	10
q. Coconut Snowballs	13
r. S'mores	32
s. Pineapple Punch	37
t. Bohemian or Spiced Tea	57
u. Tea (by quantity recipe)	72
v. Coffee (by quantity recipe)	44
Others.	20

5. Did you pass this information on to someone outside your club? Yes 43

The new food bulletins "Yeast Bread and Rolls" and "Ways of Cooking Pinto Beans" have been offered at various meetings and in the Agents weekly column sent to five county papers. They have both proven very popular and been requested often.

COOPERATIVE EXTENSION WORK
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AND PINAL COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

EASY HOSTESSING AND SIMPLE DESSERTS

Prepared
by
Virginia E. Twitty
Home Demonstration Agent

Everyone is supposed to enjoy a party or being entertained by someone else. Everyone, including the hostess, will enjoy a party or meal if it has been planned so that it does not seem a burden of expense or work and anxiety for the hostess. If entertaining is not a task to be dreaded and worried over, you will have less hesitation in inviting people to your home for food and the sociability that goes with it.

We know that most people enjoy a gathering more if there is food. The food need not be elaborate or expensive nor should there be need for many different kinds of food, but it should be appetizing and attractively served. You may have a special food that you like to serve around which you will build your menu.

With home freezers, automatic cooking equipment and time and work saving equipment available these days there is no need to leave any, but the last minute, details of a meal until your guests arrive. Plan ahead, prepare ahead, relax and enjoy your guests and they will enjoy you and want to return sooner and oftener. They will also enjoy having you as a guest if you are not a "hurried hostess".

You want to have drop in guests that come again, and again. In order to do this you must be able to make them welcome and chatty over some form of refreshments. This need not be elaborate. It might be only a cup of coffee, tea, punch or milk with crackers, cookies, pretzels, fritos, graham crackers, popcorn or something more elaborate you might have in your freezer. The important thing is to be ready to do any serving without letting it bother you or have your guest feel it is extra work. The more you entertain, the easier it will become. Don't ever apologize for the thing you serve, but do be ready to serve something that needs no apology. If it is a "drop in" visitor you might ask if they would prefer tea or coffee, crackers or cookies, rather than would you like some. In the latter case they may feel that you are making too much effort to do it.

In these days of television in many homes there may be refreshments every night whether there are guests in the home or not. To do this with ease, little expense and low calories may require careful planning and preparation on the part of the homemaker unless she is to miss a part of the television program.

Whether you are serving a meal, a formal tea, semi-formal tea, a coffee from a table or refreshments from a tray or on a plate it is important to remember colors and textures, in food, serving dishes, table linens or mats and in a centerpiece whether it be flowers, fruit or whatever.

Whether for a meal or lighter refreshments for a large group, buffet meals are the simpler ones to plan, prepare and serve. Most of the preparation can be done ahead of serving time, guests can be served faster in less space, can take the amounts they desire and are usually asked to go back for second helpings if they wish.

This is the easiest type of service when a hostess has to prepare and serve the dinner without help. Any meal from breakfast to midnight supper may be served buffet style.

Planning the Buffet Menu:

1. Plan the menu to include a hot or cold main dish, a salad or relish, sandwiches or buttered rolls, beverage, and dessert.
2. Serve sandwiches or buttered rolls so that no knife will be required. (unless guests will be seated at card tables.) The meat should be so tender that it can be cut with a fork.
3. Serve foods which will not run together on the plate.
4. Make gelatin salads a bit stiffer than usual if they are to be served on the same plate with hot foods.
5. Plan the menu almost entirely of foods that can be prepared in advance so that the host and hostess can be free to enjoy the occasion.
6. Choose foods that can be served and carried easily. No soups, stews, or drippy foods.
7. Carry out the color scheme of your decorations in your menu or decorate to suit the menu.

Setting the Buffet Table:

1. For a large group in a large room, the dining table standing in the center of the room may be set up for 2 lines of service with a simple, slender island arrangement of flowers and candles in the center.
2. For a small group it is usually more effective to place the table against the wall and build up decorations at the back. The table may be bare with mats for hot dishes or covered with a simple, informal-type cloth.
3. There are no definite table setting rules. The table should present a well-balanced picture and be arranged so that the guests can serve themselves easily.
4. The silver needed for service is placed by each plate or dish of food on the buffet table. Silver for guests, napkins and the drink are placed on the table so they are the last to be picked up, (rolls and the drink may be served after guests are seated.) If small tables are being used, the napkins, water and silver will be omitted from the buffet arrangement and be placed on the small tables.

Serving the Buffet meal:

If possible, leave space beside the salad and beside the hot dish so that a guest may set his plate down on the table while using both hands to wield the serving fork and spoon. You may wish to ask someone to serve these. For more than eight persons, service will be much faster if you ask someone to serve the main dish, salad, and beverage.

When individual trays are used, they should be placed on the buffet table so they are ready for the guest to put his plate on after he has filled it and before he has to pick up his silver.

For second helpings, or if serving dishes are small, you can have ready a second casserole dish in the oven and a salad in the refrigerator to bring on at the right moment.

If the service is entirely "help yourself" guests should feel free to return for second helpings and for dessert. A second table may be set up with dessert. You may have desserts arranged on a tray or table while your guests are serving themselves the first time.

The Informal Tea or Coffee:

The informal tea does not require a special occasion. It is a pleasant way for friends to get together. It is usually planned for from 3 to 5 in the afternoon. The food served is kept very simple. It can be hot tea or coffee served with thin cinnamon toast or dainty hot buttered rolls. Cakes or cookies may be added or nuts or mints if you wish to make it a bit more festive. In the summertime a cold drink is usually more welcome. Do not make both food and drink too sweet.

Set your table up in an inviting spot in the room such as near an open fire or a large window. When the tea is for a very few, it will probably be more convenient to serve from a large tray which can be placed on a small table.

If it's tea, you will want everything for it to be pretty and dainty. Select your china, tea cloth and food with this in mind. Everything on the tea table or on the tea tray should make a pleasing picture. On the tea table there will be room for a low flower arrangement or if you use a tray perhaps a single rose will be enough. A low vase or rose bowl may be most appropriate.

When serving coffee it is not necessary to keep everything as dainty. A rough textured cloth may be chosen for the table or tray, pottery may be used instead of fine china, and the food may be in larger sized pieces.

Having friends drop in for tea should never be a chore but should be a happy occasion for all. Friendship should be the most important goal and everything else planned so that this is possible. That means the hostess should keep everything simple enough so that she can have everything prepared ahead of time. The tray or table can be set up so that serving the tea will be very easy. If you are right handed the tea pot will be placed at the right. Place the cups and saucers or tea plates and the napkins on the left. As you sit at the table and pour you may have the table or tray arranged so that you can add cream, lemon, or sugar as each guest prefers or you may have the cream, lemon and sugar arranged on the table so that each may help herself. Place the tea cup on a saucer or tea plate which is resting on the tray or table. Pour the tea, then place a spoon on the saucer or plate and hand the plate to the guest with a napkin. Each guest takes a plate and then helps herself to the food if it is at a table. If the hostess is serving from a large tray on a small table, she may serve food from the tray. She may ask the guest for her choice if there is a choice of foods.

The Semi-Formal Tea or Coffee:

For a large group or for an occasion when you wish to introduce a special friend or honor someone, a semi-formal tea will be more appropriate and more elaborate. Friendliness will still be the keynote, however.

Your table will be the center of interest. If candles are used be sure to light them. (Draw the shades if it is daytime).

If guests are to have a choice of coffee or tea, arrange the coffee service at one end and the tea service at the other. The dainty sandwiches and cookies are arranged attractively on each side of the table as are also napkins and silver and the cream, sugar and lemon, if friends of the hostess who pour do not serve these. Others assisting will replace food plates so that the table will look attractive at all times. They will also help in seeing that small groups are invited to the tea table at one time.

Guests sit or stand in small groups as they eat refreshments and visit. When finished the plates are set on some convenient table or removed by the hostess or a friend assisting.

Coffee for a large number is often served in the morning or in the evening rather than in the afternoon. Plans for serving will be much the same as for a tea except that it will tend to be more informal even though the group is large and the food will be more substantial.

The Formal Tea:

At a large formal tea, friends of the hostess preside at the tea table as in the semi-formal service. At the formal tea, however, the guest does not go to the tea table. Others who are assisting bring each guest a cup of tea, pass cream and sugar and plates of food. As guests finish with their tea, a waitress takes their plates two at a time to the kitchen.

Party Refreshments:

Whether entertaining at a dessert bridge or at an afternoon or evening party or meeting, the problem is usually "What shall I serve?" There are many engaging desserts to serve. Sometimes it is just a matter of dressing up an old standby. Cake and ice cream may be served in so many ways separately or together and is always acceptable. Pie can be made of so many different things and in so many forms and with different toppings. With any dessert you will also want to serve tea or coffee or other beverage. A real challenge in deciding on a dessert is in trying to find one which won't be too rich yet one which will seem adequate. Try using fruits or milk or both as a basis for your desserts and most of your friends will be grateful to you.

There are two usual ways of serving refreshments:

1. Each person served individually. Napkins passed, then refreshment plate with silver and last the beverage which goes on the plate, or everyone may be seated at card tables which are set up with the silver, napkins and beverage cups. The refreshment plates are then brought in and served from the left of each guest. The coffee or tea is poured without removing the cup from the table at the right of each guest.
2. Each person serves himself at a buffet table. In this way it is sometimes possible to serve a different type of refreshment, like ice cream with an assortment of toppings to choose from. Tray or plate service may be used or the guests may be seated at small tables which are set with silverware and napkins.

There are several things that need to be known about the party plans before refreshments can be planned. The first is at what time of the day the party is to be given--afternoon, evening, or midnight. The second is whether you are having just men or boys; just women or girls; or a mixed group. The Third is the approximate age of guests.

The refreshments for afternoon and evening parties are an extra lunch. They should usually be simple, not more than two courses (preferably one). The food should be attractive, appetizing and in small portions.

The "midnight" party, which may not be at midnight after all, usually follows the movies, or theater, a TV party, a skating party, or a basketball game. Bringing friends home for a "pickup" party is often a welcome change from going to the corner drugstore. No form of entertaining offers better opportunity for strengthening home and friendship ties. Food always seems better and to disappear faster. Eating becomes a social activity.

The host or hostess who invites "the crowd" to come home for a "snack" must know:

1. Whether it is convenient for the remainder of the household.
2. The condition of the home, especially the kitchen.
3. What equipment is available for service.
4. What food is ready prepared, or may be prepared quickly by himself or guests.
5. If he will have time and be willing to restore the kitchen to order after serving.

#

Suggested Menus and Table Decorations for 3 occasions

Western Buffet (green, brown and orange)

Menu: Western Baked Beans
Orange Cabbage Slaw in Orange Cups
Steamed Date Bread Sandwiches
Fruit Cup
Coffee

Decorations: Use tan monk's cloth or burlap for table covering, set table with pottery dishes and use small cacti for table decorations.

Valentine Buffet (red and white)

Menu: Chipped Beef and Stuffed Potatoes
Cranberry and Grapefruit Salad
Hot Buttered Rolls
Ice Cream with Strawberry Dip
Heart Cookies
Coffee

Decorations: Use a table covering of white scrim or tarlatan over red cloth or red paper. Make a heart tree for the centerpiece. You can do this by tying small red paper hearts onto a foliage plant or by attaching small red candy hearts to a tree made of cable wire. The branches of the tree are formed by separating some of the cable wires. The trunk of the tree is held in place with modeling clay.

- 6 -

St. Patrick's Buffet
(green, white and yellow)

Menu:

Hamburger Pie
Grapefruit, Pineapple & Avocado Salad
Hot Buttered Shamrock Rolls
Cake Squares
(white frosting with mint jelly decoration)
coffee

Decorations: Make flowerbowl of large grapefruit by carefully removing the insides. The bowl will hold water without leaking. Arrange oxalis (looks like shamrocks) in the bowl and use it as the centerpiece. On either side of it place 2 very small grapefruit in which white candles have been placed. Arrange oxalis leaves where candle is inserted into grapefruit (use a white tablecloth.)

RECIPES

WESTERN BAKED BEANS

3 cups pinto beans	2 small onions
1 clove garlic, minced	$\frac{1}{2}$ cup brown sugar or
1 or $1\frac{1}{2}$ teaspoons salt	sorghum molasses
1 teaspoon chili powder	3 or 4 slices bacon or $\frac{1}{4}$ cup
$\frac{3}{4}$ cup canned strained	diced salt pork
tomatoes	

1. Wash the beans; cover them with water and soak them overnight.
2. Heat to the boiling point the water in which the beans soaked; add the beans, garlic, and salt; simmer one hour.
3. Drain the beans, reserving the liquor.
4. Place the beans and whole onions in a pot or casserole.
5. Sprinkle the beans with sugar or molasses and chili powder. Cover them with the tomato and 1 cup of the reserved bean liquor.
6. Arrange bacon or onion slices on top. Cover
7. Bake in a slow oven 300 degrees F. for five hours. If necessary, add more bean liquor.

HAM LOAF

1 pound smoked ham	1 cup strained tomato juice
1 pound ground pork (lean)	12 rolled crackers.
2 beaten eggs	(little onion, and green pepper, no salt)

Mix together and make into a loaf. Dot with butter (not necessary), sprinkle top with cracker crumbs. Bake 1 hour at 350.

HAM NOODLE CASSEROLE

$\frac{1}{2}$ lb. raw smoked ham	2 c. noodles (6 oz.)
$\frac{1}{2}$ lb. American cheese	1 c. mushroom soup
1 green pepper	Bread crumbs

Put ham and cheese through a food chopper. Cook noodles in salted water ($1\frac{1}{2}$ cup). Mix all ingredients except the bread crumbs and pour into a baking dish. Cover and place in the oven for about 35 minutes. Remove lid, add bread crumbs and brown.

Chicken may be used in place of ham. White sauce or a cup of vegetables juice or puree may be used in place of mushrooms.

MOCK ENCHILADAS

1 pound ground beef	1 No. 1 can (2 cups) chili con carne with beans
2 tablespoon fat	1 small can tomato paste or $\frac{1}{2}$ cup liquid
$\frac{1}{3}$ cup chopped onion	1 $3\frac{1}{2}$ - ounce package corn chips
1 teaspoon salt	$1\frac{1}{4}$ cups diced American cheese ($\frac{1}{2}$ pound)
$\frac{1}{4}$ tsp. pepper	

Brown meat in hot fat. Add onion; cook until golden. Season with salt and pepper. Add the chili con carne and tomato paste. Place layer of corn chips in greased $1\frac{1}{2}$ quart baking dish. Alternate layers of chili con carne mixture, corn chips, and cheese. Bake in moderate oven (350) about 10 minutes. Serves 6. Suggestion: Cut down costs in this recipe by making your own chili con carne.

ORANGE CABBAGE SLAW IN ORANGE CUPS (6 servings)

3 oranges	$\frac{1}{4}$ teaspoon salt
2 cups finely shredded crisp cabbage	pinch of sugar
2 tablespoons finely chopped onion	pepper to taste
$\frac{1}{3}$ cup chopped watercress or parsley	$1\frac{1}{2}$ teaspoons vinegar
$\frac{1}{3}$ cup mayonnaise	sprinkle of celery salt

Cut oranges in half and cut out the pulp so that the shells will be left whole. Remove the membrane from the orange sections and cut up enough to make 1 cup. Drain. Mix the orange sections with the other ingredients. Fill the orange shells with the mixture. Garnish with sprigs of watercress or endive and serve cold and crisp.

PARTY SANDWICH LOAF

Yield: 8 to 10 servings

Egg Filling

3 hard-cooked eggs, chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup finely chopped celery	2 tablespoon mayonnaise
3 tablespoons chopped green or ripe olives	

Ham Filling

$\frac{1}{2}$ cup ground minced ham or luncheon meat or potted meat	1 tablespoon chopped onion
2 tablespoons chopped green pepper	2 tablespoons mayonnaise

Cheese Filling

$\frac{1}{2}$ pound ground American cheese
milk to make cheese moist
2 tablespoons catsup
1 tablespoon chopped green pepper

1 tablespoon prepared mustard
1 tablespoon chopped parsley
salt

Other ingredients

1 loaf unsliced bread
 $\frac{1}{3}$ cup softened butter

4 - (3 oz.) pkg. cream cheese
3 or 4 tablespoons top milk
or water

HOW TO MAKE A PARTY SANDWICH LOAF

1. Make the egg filling, ham filling, and cheese filling. Remove crusts from bread and cut the loaf into 4 or 5 lengthwise slices, about $\frac{1}{2}$ " thick.
2. Spread a slice with softened butter and egg filling; cover with another buttered slice of bread and press down. Butter top of the slice of bread and spread with ham filling.
3. Repeat until fillings and bread are used; do not spread butter on the top of the last slice of bread. Soften cream cheese with top milk so it spreads easily; frost top and sides of the loaf with cream cheese.
4. Chill the loaf for several hours in the refrigerator so it will cut easily. Garnish with sliced radishes, chopped parsley, or sliced olives.
5. To serve, cut in 1-inch slices.

Tea SandwichesCornucopias

Trim a thin bread slice to a square. Spread with pineapple cheese. Roll into a cornucopia, one side overlapping the other. Make 3 petals of ripe olive slices to come out from the cornucopia. A 5-ounce glass of cheese spreads 16 cornucopias. Store the cornucopias seam side down, in waxed paper lined box.

Fold-ups

Trim a thin bread slice to a square. Spread with filling made of $\frac{1}{2}$ cup each of finely chopped dates and nuts and 6 tablespoons orange juice. This filling is enough for 24 fold-ups. Toothpick the two opposite corners together at the center.

Pinwheels

Use fresh bread. Cut slices about $\frac{1}{4}$ inch thick lengthwise of the loaf; remove crusts. Spread each slice with a savory butter made by creaming 1 cup of butter and gradually beating in $\frac{1}{4}$ cup finely chopped parsley and $\frac{1}{8}$ cup horseradish or chives. Season to taste with lemon juice and a few drops of Worcestershire sauce. Roll as for jelly roll; fasten with toothpicks. Wrap in waxed paper, then a damp cloth. Chill for at least a half hour. Cut in $\frac{1}{4}$ inch slices when ready to serve.

PASTRY AND DESSERTS:Cranberry Tarlets with Orange Pastry

1 cup raw cranberries
 $\frac{1}{4}$ cup water
 $\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ cup dates, cut in narrow crosswise strips.

3 tablespoons broken pecan meats
2 teaspoons butter or margarine
Few grains salt

Cont'd - Cranberry Tarlets with Orange Pastry

Sort and wash cranberries. Bring sugar and water to boil. Add cranberries, dates and nuts. Cover; cook slowly until berries stop popping. Add the butter or margarine and the salt. Set aside to cool; do not stir.

Blend 2 teaspoons grated orange rind with one package of pie crust mix. Add 3 to 4 tablespoons orange juice. Mix lightly with a fork. Shape into a ball. Roll out dough on floured board, one-half at a time, to 1/8-inch thickness. Cut the rolled pastry with 2 1/2-inch cookie cutter. Place a teaspoon of filling in the center of each round. Top with a round of pastry cut with a doughnut cutter so that the filling can be seen. Seal the edges with a fork and bake at 350 F. 10 to 12 minutes.

Baked Grapefruit Alaska

Cut grapefruit in halves crosswise; Cut around each section with a sharp knife. Snip out the center with shears, cutting out a little more of the center than usual. Sprinkle with sugar. When ready to serve put about 2 tablespoons of ice cream in the center cavity of each grapefruit. Cover completely with meringue. Place on board covered with white paper and brown quickly in hot oven (450 F.). Slip from paper onto serving dish and serve immediately as dessert.

To Make Meringue for 4 large or 6 small grapefruit halves: Beat 4 egg whites until stiff, add 4 tablespoons confectioners sugar gradually and continue beating until mixture forms in peaks. Beat in 1/2 tablespoon lemon juice. Cut-up dates and pecans or maraschino cherries may be folded into the meringue.

Orange Fluff

2 T lemon juice	1/4 c. sugar
1 t lemon rind	2 eggs
2/3 c. orange juice	1 t gelatin

Mix lemon juice, rind, orange juice, sugar and egg yolks, stir over low heat until mixture thickens. Add gelatin soaked in water. Chill until mixture begins to stiffen. Fold in stiffly beaten egg whites. Fill dessert glasses and chill in refrigerator. Garnish with a few orange sections if desired. Makes 4 servings.

Ice Box Cake

1/4 cup sugar	
2 egg yolks	Cook in double boiler until thick
1 cup milk	
2 tbsp flour.	

While warm add 1 envelope Knox gelatin which has been soaked in 1/4 cup water. Whip 1 pt. cream, whip egg whites, add vanilla and custard. Line a pan with vanilla wafers and add 1/2 of mixture, color other half and spread on top. Cover with vanilla wafers and ice. 2 cups powdered sugar 1 tbsp cocoa, 3 tbsp. coffee, 2 tbsp. melted butter. Chill for several hours or overnite.

Chocolate Ice-Box Dessert

1 - 7 of semi-sweet choc bits	} Melted in double boiler over <u>hot</u> water.
1/4 c. hot water	

3 tbsp. sugar	}
speck of salt	
2 egg yolks	

{	Mix and add to choc. mixture.
	Stir until thickened. Cool and
	add beaten (2) egg whites & 2/3 c. whipped cream.

Line pan with vanilla wafer crumbs & pour in mixture. Sprinkle nuts on top.

Angel Pie

14 graham crackers	Roll fine - Mix with 1/8 lb. melted
dash of cinnamon	butter. Press into pie plate & refrigerate.
1/2 c. milk	Melt in double boiler. Cool to room tempera-
24 marshmallows	ture & add whip cream. Fold in.
1/2 pt. cream	whipped & flavored with vanilla or almond.
	Pour into pie shell. Let stand 2 hours.

Grape Marlow

20 marshmallows	1 tbsp. orange juice
1/2 pt. whipping cream	1 cup grape juice.

Melt the marshmallows in the grape juice over hot water and add orange juice; cool. When quite cold and slightly stiffened carefully combine with the cream which has been whipped stiff. Pour into trays and freeze without stirring.

Orange Pudding

Cream 1 cup sugar and 1/2 c. butter
 Add 2 eggs and beat.
 Dissolve 1 t. soda in 1 c. sour milk and
 Add to first mixture:

2 cups flour
 1 tsp. baking powder
 Pinch salt
 Grind 1 cup raisins
 1 to 2 orange rinds
 1 cup nuts

Add those to the above mixture and beat

Bake 50 minutes in 350 F. Use 8 X 12 pan.

Pour on cake - Orange juice from 2 oranges in which 1 c. brown sugar has been dissolved

Lemon Bisque

1 1/4 cups hot water	1 cup evaporated milk
1 package lemon gelatin	juice and grated rind of 1 lemon
1/3 cup honey	1 cup vanilla wafer crumbs
pinch of salt	

Pour hot water over gelatin. Add honey and salt. Chill until thick. Whip chilled evaporated milk; add lemon juice and rind. Beat thickened gelatin mixture until light, add whipped evaporated milk and continue beating until well mixed. Pour 1/2 layer of this mixture into oiled bread pan. Cover with layer of gelatin with layer of crumbs, finishing with layer of gelatin. Set pan on bottom of Frozen Food Chest. Turn temperature Control to Number 6 (colder) setting. Yield: 8 servings.

Coconut Snowballs

Make individual snowballs by spreading frosting generously between 4 vanilla wafers, placing one on top of another, covering sides and top. Sprinkle with coconut. For devil's food variation use chocolate wafers in place of vanilla wafers and spread with whipped cream. Sprinkle with coconut.

S'Mores

Place halved marshmallows on graham crackers. Heat in oven for a few minutes until soft. Place milk chocolate squares on top or drip melted chocolate over marshmallows. Serve immediately "open face" or top with another graham cracker and serve as sandwich.

BEVERAGES:

Pineapple Punch

Green tea - $\frac{1}{3}$ cup
Orange juice - $4\frac{1}{2}$ cups (16-18)
Lemon juice - 6 cups (30-32)
Pineapple juice - $2\frac{1}{2}$ quarts
Sugar - 4 lbs.
Water (hot) - $1\frac{1}{2}$ quarts

Pour boiling water over tea, brew for about 3 minutes, cool. Extract juices and combine with tea and pineapple juice. Add ice water to make 5 gallons. Float orange or lime ice on top (if lime is used, green food coloring may be added) 1 gallon ice per 100 servings. Serves 100 - 8 oz. glasses or 185 sherbert cups.

Bohemian or Spiced Tea (serves 20)

3 qts. boiling water
1 cup sugar
1 teaspoon whole cloves
1 stick cinnamon
1 tablespoon orange pekoe tea
 $\frac{3}{4}$ cup orange juice
juice of 2 lemons

Tie spice loosely in a cloth bag and add to sugar and hot water. Boil 10 min. Turn off heat; and add tea, tied in a bag. Cover, let stand 5 min. Remove spice and tea bag. Add fruit juices and serve hot in teacups.

Ground spices may be used. Tie $\frac{1}{2}$ teaspoon each, cinnamon and cloves in a muslin bag and boil 5 minutes instead of ten in the syrup.

Tea

Water, freshly boiling
Tea, $\frac{1}{4}$ to 1 teaspoon per cup of water ($\frac{1}{2}$ teaspoon for average taste)

Place the tea in a freshly scalded pot. Pour boiling water over it; cover. Steep 3 to 5 minutes. Drain (or remove tea bag or ball) and serve very hot.

Tea for large groups: Tie tea in several small cheesecloth bags, allowing room for expansion, and make fresh tea in small amounts as needed. A strong brew may be made and the tea diluted with freshly boiling water.

Coffee

(for brewed coffee made in a large coffee pot or kettle)
Ordinarily, 1 pound of coffee and $2\frac{1}{2}$ gallons of boiling water will give 50 cups. Mix the coarsely ground coffee with egg and shell (one egg for 1 pound of coffee); place the mixture in muslin or cheesecloth bags and tie them loosely enough to allow for the swelling of the coffee grounds. Place bags into boiling water and cover; regulate the heat so that the coffee will be just below the boiling point and

Cont'd - Coffee

will simmer until the desired strength is obtained. Remove the bags, cover the coffee, and keep it hot for serving.

OTHER SUGGESTIONS:

Rolls or biscuits, butter and jelly

Fruits, raw or cooked

Custards, plain or with fruits and sauces.

Ambrosia, Peel oranges, slice crosswise on plate and sprinkle with cocoanut.

Soak sugar cube in lemon extract, put in peach or apricot halves on plate, in dish or on cake. Light just before serving.

Use orange or tangerine frozen concentrate as a topping for ice cream, puddings and cake.

HEALTH

The Leader Training meetings on "Care of the Feet" were moved from the dates of May 8 and 9 to May 28 and 29 to avoid conflicts in club meeting dates. Several clubs had to make a shift in meeting dates to allow members to attend Council Meeting and to allow time for the Agent to meet with each. The Clubs were most cooperative in making these date changes.

Eighteen health leaders from nine Homemaker clubs were given training on the lesson "Care of the Feet", May 28 and 29. This lesson was relayed to the local clubs in June except for Ray. They plan to have their lesson in September. This lesson is in the health field, but presented on the basis of proper selection of shoes for foot health.

Miss Helen Church, presented this lesson on the basis of proper selection of shoes for good foot health. She showed the structure of the foot and different types of feet and shoes.

Leaders were asked to bring a child's worn shoe and an adult shoe that was not comfortable. In examining these shoes it was shown where the points of wear were and why the shoe was uncomfortable or did not wear evenly.

Slides of the foot structure and proper fitting shoes are furnished for the leaders use in presenting this lesson.

The Kenilworth club did not participate in this program. The lesson was given in other clubs following the same procedure as in training meetings. The slides were used and shoes were examined and discussed. The Superior Leaders did a fine job of analyzing the lesson and giving information to the paper. A copy of this publicity follows this section of the report. It has been reported that the lesson was given to 98 women in 8 clubs. This lesson was so recent that no reports of results could be obtained.

The women of the County are anxious to have a lesson on "Mental Health" that is scheduled for the November meetings. Even before they have this lesson they have tentative plans for a continuation of the subject in the 1957 program. It is hoped that they will have a very worthwhile lesson. The Agent was also looking forward to having this lesson.

The Superior

THE PINAL COUNTY NEWS AND SUPERIOR NEWS

PRICE 10c

THE HEART OF COPPER LAND

SUPERIOR, PINAL COUNTY, ARIZONA

Homemakers Study Care of the Feet

"Care of the Feet" was the subject of the meeting of the Homemakers on June 21 at the home of Mrs. J. W. Olson. Mrs. Bob Maynard and Mrs. Clarence Spencer were the leaders for the all-day meeting.

The importance of good foot care was stressed, as it is a well known fact that sore feet are a major problem to many housewives. Aching feet can cause many troubles including general physical exhaustion. The homemaker walks an average of nine miles during an average day.

Much of this discomfort can be avoided by wearing proper shoes and one of the topics discussed was the buying of the right shoe for the job. Too often the young housewife tries to work in high-heeled shoes. As she grows older she tends to slip into a pair of worn, rundown-at-the-heel cast off dress shoes or slops around in shoes that fail to support the foot.

Careful daily care in washing, massaging foot balm into the skin and applying foot powder will help to keep the feet young in spirit.

The housewife should sit or lie down occasionally and elevate the feet. This rests and relaxes the feet and legs, helps to keep the feet from swelling and encourages good circulation.

Mrs. Pat McCourt demonstrated good foot care by giving Mrs. Louis Bunch a pedicure.

Eleven members and one guest, Mrs. H. W. Valdin of Ray, were present and enjoyed a potluck luncheon together at noon.

The Homemakers are planning another family picnic about July 12. The last was so successful that members of Homemakers' families asked them for a repeat performance.

COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

University of Arizona
College of Agriculture and
U.S. Department of Agriculture
Cooperating

Agricultural Extension Service
Clothing

BUYING SHOES

Prepared
by
Helen L. Church, Extension Clothing Specialist

The fit of the shoe is dependent upon the knowledge that you have and use as you fit a shoe. The shape of your foot and its functions are most important. Your foot must do 3 things:

1. Support your weight
2. Keep your balance
3. Move you forward

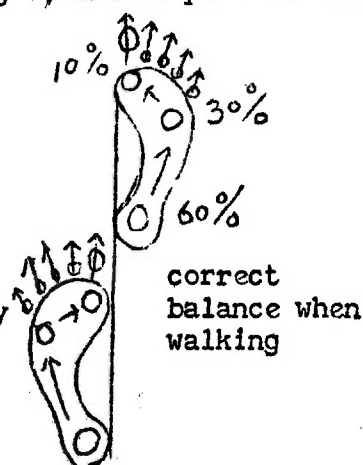
What is the Structure of the Foot?

Knowing the structure of the foot will emphasize the need for better care. The foot is made up of 26 bones, held together by muscles and ligaments. The long inner spring arch consists of three long bones connected with the short bones of the great, second, and third toe. The outer weight heavy arch is made up of two long bones connected with short bones of the fourth and fifth toes and the adjacent small bone back of these toes.

The foot is in a dome shape with three points of support: 1. The heel, 2. The base of the great toe, and 3. The base of the little toe. The arch between the great toe and the little toe is called the anterior arch. The long, spring arch between the heel and forefoot cushion jolts and jars and gives spring to the step. The outer half of the foot sustains the load.

Weight distribution is our main concern. 60% of the body weight should be on heels, 30% on the outside of the foot, and 10% on the inside of the foot. Too much weight thrown on the inner half of the foot causes inward bulging ankles and weak long arches. Too much weight forward causes weakness in forefoot in the anterior arch.

Encasing the foot into a shoe places much responsibility upon the individual. We clothe the foot according to style rather than according to foot structure and comfort.



Lasts

These are wooden models over which the shoe is shaped. A last should conform to the natural shape of the foot. A combination last evolved because the manufacturers found that some people have narrow heels and wide toes and some have narrow toes and wide heels. The research or measurements from which lasts are made need to be standardized. During World War II a study was started but was discontinued. The standards for the present lasts were made many years ago, and since then women's feet have changed somewhat. This might be the cause for all of the trouble we are having with our feet and the difficulty to find shoes that fit them.

Choosing Shoes

Do you fit your foot or your mind? Fashion plays a too important place in women's shoe selection. As a result it is said that 80% of the American women have foot trouble.

A well-fitted shoe should support the foot and give a chance for the foot to relax. It should not pinch or cramp any of the bones, nerves, or flesh. Your feet may vary in size or shape. For this reason measurements should be taken in several places. Be sure that you are standing when the measurements are taken, as your foot spreads when weight is put upon it. Do not always buy by size but by fit. Lasts in shoes vary from one make to another.

- 2 -

Physicians and foot specialists disagree as to the causes of many of our foot troubles. Because foot difficulties are not fatal, little is done to analyze the ills. Foot remedy companies make millions annually, and you can find in every woman's closet shoes she paid a high price for a can't wear because they were misfit. Possibly we should rely upon our own judgment when we buy rather than on the untrained sales clerk.

Check the following yourself as you buy:

A - Heel to Ball

Check standing as foot may elongate. Joint should be exactly at the turn of sole of shoe. If your foot is heavy through the instep or your arch is high, it is possible that the shoe will not allow the big toe joint to come to this point.

B - Width

Run thumb and forefinger over shoes. If the vamp wrinkles, the shoe is too wide. It will be taught if the shoe is too narrow. Bend your foot. Does the widest part of the shoe correspond to the bend?

C - Arch

Run finger under arch from heel to ball. It should be snug following the arch of the foot.

D - Heel to Toe

$\frac{3}{4}$ " between your toes and the end of shoe. Can you grip with your toes?

E - Heel

Must give firm support without pinching in any place. Too large a shoe is as uncomfortable as one that is too tight.

That old shoe tells a story

Your old shoes tell a story of fit. Examine those shoes in your closet that do not fit. The size marked in shoes is not a reliable guide. If you have selected a shoe that is not the shape of your foot, you will soon break the shoe down until it does conform. Examine the shoe to learn what was wrong. Look at the sole. Is it worn evenly in outline the same as the shoe or is the wear on the forepart of the sole? If this is true, the shoe has been too short from the heel to the ball.



The way that you wear down heels tells us something of the fit. Slight wearing off at the very back or along the outside back line is natural.

Run your fingers inside the shoe. Note - are there places that form little hollows? If so, the toes have pushed making room in a shoe that is too narrow. A puckered place in the leather just back of the ball or big joint is evidence of a shoe that is too short between heel and ball.



If you rock on your heels as you sit, you are relieving pressure.

If you wear off the tips of soles before the rest of the shoe shows wear, the shoe is too short from ball to toes.

When you find a shoe that fits, take time to find out who makes it and what last it is. Refuse to buy if it does not fit. Correction or perscription shoes will not necessarily solve your problems. Their chief asset is their conservative design but they may not be made to conform to your own foot shape.

Foot Troubles

Callouses on soles of feet are a sign that the weight is not properly distributed.

Bunion - enlargement from chronic inflammation of the "bursa", a sac filled with liquid at the head of the metatarsal.

Ingrown Toenails - are caused by shoes that are too narrow or too short. Improper trimming of nails causes nails to grow into the toe. Trim nails straight across.

Perspiring Feet

A certain amount of perspiration is normal and healthy. Excessive perspiration may be due to poor fit of shoe or a poor selection of leather. Leather is porous and allows the foot to breathe. Be sure that there is ventilation in the shoes you buy. Often the shoe lining is marked "Sanitized". This means that the lining has been specially treated to withstand the effects of perspiration. It controls odor. If the feet perspire excessively, the following home remedy may be tried:

1. Wash feet thoroughly twice a day, then soak 5 minutes in a 2% to 8% solution of formaldehyde.
2. Dry feet thoroughly, then dust with boric acid powder.
3. Change shoes often and hose every day.
4. Wear shoes with open places for quick evaporation.

Fitting Children's Shoes

The child's foot at 14 months is mostly cartilage and a shoe needs to be put on the child as he starts to stand and walk on hard surfaces. The shoe should be of soft leather with a leather sole of about 1/8" thickness but no heel. The shoe will be laced and has a high top.

The second shoe when he reaches the run-about age needs a sole about 1/4" thick and a heel 1/3 to 3/8" high.

The size will change rapidly. The average rate of growth is 1 to 3 sizes during the following periods:

Age	size changes every
2-6 years	1 - 2 months
6-10 "	2 - 3 "
10-12 "	3 - 4 "
12-15 "	4 - 5 "

Don't ever buy children's shoes by a number. Take the child with you as the child's foot has changed since the last time shoes were purchased. Measure both feet and buy according to the size of the largest foot. Follow these guides:

1. The shank (the narrow part of the sole in front of the heel) of the shoe should fit well into the natural arch of the foot. It should be firm but not of rigid material.
2. The shoe should not have to be "broken in". If the foot stretches the shoe over the sole, it is too tight. You should be able to pinch a wrinkle in the shoe over the widest part of the shoe as the child stands in the shoe.
3. The toe of the shoe should be 1/2" to 3/4" longer than the foot when the child stands.
4. The height of the heel should be 1/4" to 1/2" up to the age of 6 years. After 6, as the child grows, the heel can be raised to 1 inch.
5. The top of the shoe should fit close to the foot and not gap at the sides.
6. The widest part of the shoe should fit the widest part of the foot.
7. The shoe toe should be rounded with enough room for the toes to move and grip the sole.
8. The line from the ball to the end of the big toe should be a straight line.

Watch the child. Possibly the way he walks causes his foot trouble. The feet should follow a straight line. Natural balance is obtained when the feet are parallel; toes turned slightly inward and weight concentrated along the outer sides of the feet. If the child walks extremely pigeon-toed or toes out, consult a doctor who can correct the condition by wedges placed on the shoe.

Reference Material:

Women's Wear Daily - Publication

America will be walking now - Stephens College, Columbia, Mo.

Your Children's Feet and Footwear - Children's Bureau Folder No. 41 - 1954

4-H Club Organization

The members of Eloy 4-H Club presented the "Living Nativity Scene" each of the five nights before Christmas, in their city park. The electricity project group provided the lighting.

Each character was appropriately costumed and trained. A chorus of members provided music for the first part of the evening and the Christmas Carols played at the Methodist Church on the adjoining block provided an appropriate setting for the last part.

Members were alternated for the various characters at one hour intervals during the evening. The Agent spent one evening viewing and visiting this unusual 4-H Club presentation.

Forty-three 4-H Officers and Leaders were given training for their particular job at the officers training meeting in december. Leaders had requested that this meeting be held during Christmas vacation rather than on a Saturday. The new Red Rock 4-H organization was the host club.

Agents met with the 4-H Club Fair Board to discuss possible additions to the Fair buildings and equipment and how best to secure them. Plans were made to add to the livestock barns, extend the dining area of the Cafeteria, add kitchen equipment, dining tables and 100 chairs, food display cases for the exhibit building and an additional cooler for the Cafeteria.

By extending the cafeteria and adding equipment, there will be more possibilities for making use of the Fair Grounds.

The fair grounds are being landscaped through plans of a local nursery and cooperation of the 4-H Club Groups.

The above plans were approved at a county meeting of the Leaders Association of January 28.

Plans were made for a county wide 4-H club party at the Fair Grounds Saturday, March 3. A committee was appointed to schedule and promote some square dances for a social and fund raising project.

After fully investigating and discussing the situation in Maricopa the Agent and Leaders decided it was best to postpone 4-H organization until another year. In this community of many new residents, it seems, parents cooperation is not well enough established to provide a basis for a good 4-H club.

Toltec is another community in which it seems difficult to secure parent cooperation. Agents Keltz and Twitty visited Mrs. Toby Pennington, of this community, who had taken responsibility to go to the school and secure an enrollment, and discussed possible plans for completing organization. She had been misinformed and felt the meetings could be during school hours, at the school. After thorough, discussion it was decided to schedule an evening meeting for parents and members and present the possibilities to them. The Agents went to Toltec for this meeting on the evening of January 18. One mother, who had been requested to come, and only 3 eligilbe members were in attendance. The decision for the future meeting was left up to the parents in the community. No further contacts have been made.

Virginia E. Twitty
Pinal County
1956

The Superior 4-H Club contributed over \$20 to the Polio Fund. They and their leaders made and sold doughnuts to make \$10.50.

Fifty-five members and Leaders attended the County-wide judging and demonstration practice held at the Green house at 11-Mile Corner, February 25th. Ass't County Agent, John Keltz and this Agent presented demonstrations and a discussion of demonstrations.

The group divided into Agriculture and Home Ec. divisions to judge and give reasons. The Agent began by explaining the principles and techniques of judging.

Each girl was given the opportunity to judge the rings of foods and clothing prepared and selected by the Agent. Leaders assisted in taking reasons. Since the girls were practice judging, they were given constructive criticisms on their oral reasons. Written reasons were scored and suggestions given back to Leaders at a later date.

Each ring of articles were officially placed and reasons were given by the Agent.

On April 3, members, parents, and leaders met at the 4-H Club Fair grounds for a potluck dinner and recreation night to kick off National 4-H Club week and to start interest in preparation for the County 4-H Club Fair to be held April 20 and 21. About 125 were in attendance with lots of food and good participation in recreation. This is also to be the beginning of monthly recreation for 4-H clubbers. On March 16 the county Fair Board, Leaders Executive Council, and Sup't of the Fair departments met to discuss plans for the April fair and how we might obtain equipment. Only the most needed equipment and buildings are planned for this year. This group agreed that the cafeteria building would be completed and the kitchen equipped with those things most needed at the present. The HDA and Home Ec. leaders are to make the necessary choices of equipment and the men will complete the building making it the same length of the exhibit building. This Agent, Ass't County Agent Keltz, and a committee of women went to Phoenix to price and select some of the needed kitchen equipment. This Agent had conferences and meetings with others who have assisted with the cafeteria in the past, to make definite plans for equipping and supplying needs for the Fair. Mrs. Donna Sherrill was most helpful as she has assisted with the Fair cafeteria service for several years.

In Service Training for 4-H Club Agents March 6-9 was attended and appreciated by this Agent. It was an opportunity to make recommendations for developing programs for State and County events that would more closely coordinate the ideas of Agents of State office personnel. A good exchange of ideas was had. Greater assistance can be given to state events, by County Agents, by their being aware of plans.

The Florence 4-H Club members and Leaders were guest of the PTA for their March meeting. Mr. and Mrs. John McGrath presented the boys and girls who exhibited their project work and each told of their part in the Club. Agents Keltz and Twitty talked about the 4-H Club organization and coming county and state events. This was a most complimentary and enthusiastic audience in regard to the good 4-H Club work done in their community. They expressed their thanks to the leaders.

The Red Rock Club is newly organized this year and doing a fine job of keeping the interest of parents. On Saturday March 31, they had an exhibit of projects. This Agent attended to have the opportunity to talk with parents and girls regarding the inclusion of Home Ec. projects next year. This year's Home Ec. leader moved from the community.

In March letters went to each 4-H club family asking for assistance at the 4-H Club Fair and to furnish pies to be served in the cafeteria. Each was asked to indicate which day they would furnish pies and give assistance. Cards were sent for their return in answering. Response in answers was not good but pies were plentiful.

The Agent worked also with other agents, leaders, parents, and state staff with the organization and holding of the 20th 4-H Club Fair April 20 and 21.

There was much preparation necessary for the Fair as the buildings had not been completed and equipped last year. The greater responsibility for planning for the buying equipment and supplies for the cafeteria fell to the HDA. Food orders were made by the agent prior to the Fair, with responsibility for supervising actual preparing and serving taken over by Mrs. Donna Sherrill.

All records for the cafeteria of donations, loans, and food bought are in order and in the files in this office. A copy is filed with the Agent in charge of 4-H also. The 4-H Club Fair program of events and a record of all contest results in the 4-H Club report for April. This Agent cooperated with Agent Keltz in compiling this information.

Parents of 4-H Club member and Homemakers furnished pies, potato salad, and beans for serving at the Fair. Under the supervision of Mrs. Donna Sherrill, the Homemakers from 9 clubs manned the cafeteria. The Agent had given them a schedule for working and furnishing food. All but one club complied, however the number of needed helpers were not always present making it necessary to recruit help.

There seemed to be desired satisfactions by those participating in this part of the Fair. Homemakers are now offering more assistance to 4-H Clubs than they previously seemed willing to give.

In the 2 day Fair the total of \$1600.57 was taken with a net profit of \$1081.82. This amount went into the building fund. ✓

Because it was necessary for the Agent to spend so much time with the cafeteria it was necessary to delegate more responsibility for Home Ec. exhibits and contests than desirable. The Agent is grateful to Mrs. Madeline McConnico, leaders, and state specialist, for their fine help.

Because of the above situation it is the recommendation of the leaders that someone be appointed as chairman of the cafeteria next year to work with and help the Agent.

There needs to be more time for compiling results before the Saturday afternoon awards program.

4-H Club work in the County in May consisted mostly of preparing delegates for State Roundup in June, County wide suggestions for improvements in the Fair and the regularly scheduled recreation program. Eloy local Achievement program was held.

The Home Demonstration Agent was assisted with 4-H demonstrations and judging training by Mrs. Madeline McConnico, Agent-at-large. This help made it possible for the Agent to give more time to the Homemaker Club program.

The Agents prepared for and held Home Economic judging contests on May 5th. Contests were held in foods, clothing, and home furnishings. Sixty-six girls and leaders participated in the three divisions.

All girls enrolled in Home Economic projects were allowed to participate in judging. Those too young, were judging for the experience only. Some of the younger girls scored higher than those eligible for Roundup. They were all given the opportunity to write and give oral reasons even though Juniors give written reasons only for Roundup.

From these contests, girls won the right to represent the County in State contests as follows;

Senior Food Preparation - Third Place; Jeanette Bully, Casa Grande; Sabra Woodruff, West Coolidge; Bette Davis, Kenilworth.

Junior Food Preparation - Third Place; Barbara Hamilton, West Coolidge; Lina Santos, Casa Grande; Sandra Giles, Picacho.

Senior Clothing - Fourth Place; Mary Burris, Casa Grande; Carla Hall, Casa Grande; Frances Daniels, Superior.

Junior Clothing - Fourth Place; Kathy McGrath, Florence; Bitsy Palmer, Casa Grande; Betty Benedict, Casa Grande.

Junior Home Furnishing - Third Place; Linda Vincent, Casa Grande; Judy Hansen, West Coolidge; Margie Hoffman, Casa Grande.

All demonstration and judging teams were given help and training once or more during the month.

On May 22nd, 4-H members, parents, leaders and Agents met at the 4-H Fairgrounds for a pot-luck dinner and meeting. The purpose of the meeting was to discuss and make plans for improvements in the 1957 Fair. Roast beef was furnished for the group by Mrs. Mickey Clark from the calf she won at the Fair. This meal was enjoyed by 108 people and many helpful suggestions for Fair improvements were recorded.

Since the community leaders, Misses Dorothy Price and Ethel Wolf, of Eloy, will soon be leaving the community, their 4-H Achievement program was held in May. A very fine display of work was made and program presented. The Agents presented pins and certificates.

Delegates and Leaders from the county attended and participated in the 4-H Club Roundup program June 5-9. The Agents were pleased with participation, behavior, and contest results of the delegates.

Mrs. Julian Woodruff, Coolidge, and Mrs. Marvin Palmer, Casa Grande, attended the entire Roundup and were most helpful to the Agent. They were able to assist the girls with contest preparation during the time the Agent assisted with particular contests. Mrs. Palmer is a new leader this year and expressed her thanks for the value of attending Roundup. She said, "4-H Club work has been of so much help to my daughter that I feel I can partly pay for some of it helping others."

The following are records of participation and contest placings of the Home Ec. delegates at State 4-H Roundup.

DRESS REVUE - Carmen Zepeda - party dress - Blue ribbon and National 4-H Club Congress Trip winner. Suzanne Hall, sports outfit - red ribbon.

JUDGING CONTESTS - Junior Clothing - Kathy McGrath, Bitsy Palmer, Betty Benedict, 4th place. Senior Clothing - Mary Burris, Carla Hall, Frances Daniels, 4th place.

Food preparation - Junior - Thelma Van Zandt (2nd high individual), Lina Santos, Sandra Giles, 3rd place. Senior - Sabra Woodruff, Jeanette Bully, Bette Davis, 3rd place.

Home Furnishings - Junior - Linda Vincent (Top individual), Margie Hoffman (3rd high individual), Judy Hansen, 3rd place.

DEMONSTRATIONS - Foods- Junior Teams - Janice Mangum and Carole Jones, blue ribbon and top demonstration. Senior Teams - Mary Adamy and Bette Davis, blue ribbon. Junior Individual - Thelma Van Zandt; Senior Individual - Sabra Woodruff - White.

Clothing - Junior Individual - Patsy Horton - Blue. Senior Individual - Jeanette Bully - Red.

Home Furnishings - Junior Individual - Mary Long - Blue. Senior Individual - Suzanne Hall - Red.

The HDA was especially pleased that Carmen Zepeda won the dress revue as she has been such a good 4-H member and junior leader. Her mother, Molly Zepeda has been a tireless 4-H Club leader in Superior for several years also.

Virginia E. Twitty
Pinal County
1956

4-H CLUB SUMMARY

There were 4-H Clubs in 13 communities with Home Economics projects in the following 11 communities this year; Casa Blanca, Casa Grande, Eloy, Florence, Kenilworth, Mammoth, Picacho, Superior, Valley Farms, West Coolidge, and Winkelman. This was the first year for some time that Kenilworth and Mammoth had had home economics work. Florence increased their enrollment considerable while Valley Farms and Winkelman had Home Ec. work for the first time.

There are a number of new Leaders in club work this year. Leaders, Mrs. Clarence Large and Mrs. L. E. Harvey are both former 4-H club members. These and other new leaders need more help than the Agent was able to give them this year. All leaders need assistance with program planning. With the increase in number of leaders and number of clubs there is a nice increase in enrollment. It is hoped that completions will also be high.

The total number of girls enrolled in club work is 239. One hundred and fifty-nine of these in clothing and 103 in foods. Twenty five were enrolled in home furnishings and 3 in food preservation.

There was a total of 696 entries made in the county 4-H Club Fair held April 20 and 21. Three hundred and fifty-five of these were in the clothing division, 287 in food preparation, 6 in food preservation and 48 in home furnishings.

Demonstration contest were held during the Fair and contests in judging on May 5 after the Fair.

Clubs will need some encouragement and help in making completions for the year. They are being encouraged to have local achievements in late August or September.

That 4-H Roundup!

*Outstanding Youngsters Do Outstanding Work in an Outstanding Show,
With Carmen Zepeda of Superior Winning Dress Revue Competition*

WHILE MANY OF the 4-H gals attending the big statewide roundup at the University of Arizona on June 5-9 were entered strictly in agricultural and livestock competition, where they did extremely well, club members entered in the home economics competition certainly took no back seat.

One of the biggest features for the girls, in addition to the recognition banquet on Friday night, was Thursday night's dress revue which found the members modeling not only their finest creations of today, but many of the outfits worn by girls of yesteryear.

There were 23 competing for top ribbons in the five dress revue classifications, but no announcement was made of the Chicago trip winner until banquet night. That is when fifteen-year-old Carmen Zepeda of Superior first learned that she had taken top honors with her lovely pastel formal dress.

Winners of blue ribbons in dress revue were Margaret Hemenway of Cochise County and Sylvia Crowder of Yuma County, modeling school outfits; Sandra Neese of Yuma County with a dress outfit; Marleen Hurleman, Maricopa County, tailored outfit; Shirley Rademacher, of Maricopa County, Elva Warner of Yuma County, and top winner, Carmen Zepeda, with party dresses.

Talent Another First

There were several first-time-aroundup contests, and perhaps the most spectacular was the talent contest. In addition to three public speaking contestants, there were 29 entertainment acts entered in the competition making it a tremendous success. Joyce Alkire of Maricopa County, vocalist, took the top talent award for her rendition of "With a Song in My Heart," with Joy Trout, also from Maricopa, taking the top blue ribbon in public speaking.

Talent blue ribbon winners included Ann Still and Patsy Epperson of Cochise County, Barbara Dale and Agnes Kennedy, also of Cochise; Sharon Beyer, Maricopa County; a group of 14 Hopi Indian boys and girls from Navajo County who performed authentic Indian dances; Margaret Doty, Pima County; Darlene Williams and Bing Brown, Yavapai County; Amilda Golden,



▶ Carmen Zepeda, top dress revue winner, looks mighty happy about winning as she models the self-made party dress which garnered the honor. Carmen, from Superior, has been in 4-H Club work for three years, and will attend the Chicago 4-H Congress this fall.

Yuma County; and Beverly and Barbara Booth of Pima County.

Friday morning found an eager audience of girls listening to the tips of Miss Alice Linn, clothing specialist of the federal extension service, who talked on "Let's Take a Look at Ourselves."

Plaque Winners

Banquet night was the culmination of three days of hard work for the girls and those rewarded with plaques honoring their excellent workmanship included Grace Burris of Pima County, top home furnishing judge; Norma Baldrige, Yuma, clothing judge; Maryleen Nelson, Graham, top clothing demonstration; Wanda Shulz, Maricopa, dairy foods

demonstration; Karen O'Brien, Pima, bread making showmanship; Linda Dawson, Cochise, foods judging; Elva Warner, Yuma, food preparation demonstration.

Blue ribbons were awarded to the following: Food preparation demonstrations — junior individual, Wanda Moffett, Greenlee; junior team, Patty Fogwell and Anette Morganthaler of Maricopa County, Carol Jones and Janice Mangum, Pinal County; senior individual, Elva Warner, Yuma; senior team, Bette Davis and Mary Adamy, Pinal County.

Clothing demonstrations — junior team, Terry Todd and Joan Jordan of Coconino County, Bonnie Schulte and Nancy Montgomery, Pima County; senior team, Nedra Daley and Karen Daley of Graham County, Delores Jiminez and Marleen Hurleman of Maricopa County, and Judy McElhaney and Jackie Tretow, Yuma. Junior individual winners were Mary Busenbark, Cochise; Connie Mickleson, Graham; Margaret Shea, Maricopa; Lorraine Tootsie, Navajo; Patsy Horton, Pinal; Karen Donaldson, Pima; Linda Thatcher, Yuma. Senior individual winners included Maryleen Nelson, Graham; Linda Urschaltz, Pima; Margaret Faulkner, Yuma.

Dairy Foods

Dairy foods demonstration — junior team, Jerrie Trout and Cheryl Shahan, Maricopa; junior individual, Sherrie Kae Pelham, Maricopa; senior team, Margaret Schott and Maybelle Mason, Yuma; senior individual Wanda Shulz, Maricopa.

Food preservation demonstration — senior individual, Susan Rohrbough, Yuma County.

Food preparation judging — junior team, Judy Lawrence, Kay Greenwell and Penny Bird, Yavapai; senior team, Barbara Dale, Linda

(Please Turn to Page 28)



▶ Diane Tenney of Yavapai County is busy brushing the tops of cinnamon rolls with butter, competing in the bread baking and showmanship contest at the recent 4-H Roundup at Tucson.

That 4-H Roundup

(Continued from Page 26)



Part of the Busy Beavers 4-H Club of Toreva who competed in the talent competition at roundup by presenting several authentic dances of the Hopis, complete with authentic costumes and singers.

Dawson and Linda McBride, Cochise.

Bread baking demonstration and showmanship — senior individual, Karen O'Brien, Pima; senior team, Laurene Harding and Joyce Barry, Yuma.

Home furnishings demonstration — junior individual, Mary Long of Pinal County, Cheryl Higgins, Yuma.

Home furnishings judging — junior team, Karen Busch, Diane Mitchell and Pamela Peterson of Pima; senior team, Grace Burris,



Billie Moore, left, explains the method of combining ingredients for baking powder biscuits while her partner, Linda McBride, completes the operation. Both girls are from Cochise County and attended roundup as top winners in their county.

Martha Closky and Nancy Wood, Pima County.

Clothing judging — junior team, Carol McClain, Bonnie Schulte and Barbara Booth, Pima County; senior team, Norma Baldrige, Margaret Holstoi and Joyce Barry, Yuma County.